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## Monday



JAMESA. FINLEY/AP

Norman Borlaug's work saved millions of lives.

**A True Lifesaver:** Nobel Prize winner Borlaug dies | 4

**Afghan Assault:** Dozens of Taliban killed in battle | 9



**Painful Win:** McNabb breaks rib in the Eagles' rout | 17

### lookout

#### **Saving Grace:**

Jay Leno makes his prime-time debut, but can he rescue NBC's ratings?

>> 26-35



## Redskins Opener Is a Giant Letdown



JOHN MCCONNELL/TWP

**SLOW START:** The Giants' Michael Johnson brings down Redskins tight end Chris Cooley during New York's 23-17 win over Washington Sunday at the Meadowlands. For the second-straight year, the Redskins lost to the Giants in the season opener. ♦ **Wrong Turns:** Mistakes plague Redskins | Page 15

## Obama Optimistic for Reform

### White House downplays public option in health care debate

WASHINGTON | President Obama said he is confident Congress will pass "a good health care bill," as months of rancor over reforming the U.S. health care system seemed to be easing Sunday, with the White House playing down an immediate role for a government insurance option.

At the same time, Obama was critical of Republican opponents who he said were trying to block an overhaul of the national

health care system for political gain.

"I believe that we will have enough votes to pass not just any health care bill, but a good health care bill that helps the American people, reduces costs, actually over the long-term controls our deficit. I'm confident that we've got that," Obama said on CBS' "60 Minutes." "There are those in the Republican Party who think the best thing to do is just to kill reform. That that will be good politics."

Obama, while retaking the offensive on his key domestic policy issue, is trying to push opposing lawmakers away from positions — both left and right — that were threatening stalemate.

Obama's spokesman, Robert Gibbs, drove home that point again Sunday when trying to downplay the controversial government-run health insurance proposal.

The president "prefers the public option," Gibbs said. "However, he said what's most important is choice and competition." (AP)



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# eyeopeners

WEAPONRY

## Scissors Useful For Many Things

Delaware State Police said a woman punched a gas station clerk in the face and held scissors to his throat in a dispute over how much money she had given him. The clerk said that the woman asked for \$20 of gas, but gave him only a \$1 bill. Certain that she had given him a \$20 bill, she screamed at him when he refused to give her \$20. Then she attacked, at which point he gave her two \$10 bills. (AP)



ANTICS

## 'Fun' in the Sense of Humiliating, Illegal

A 21-year-old man faces charges after he allegedly stole a Farmington, N.M., sheriff's patrol car because he "thought it would be fun." Two deputies were investigating a disturbance at a party last Monday and left the cruiser's engine running. When a deputy was returning to the vehicle and unlocked it using the keyless entry, Anderson allegedly jumped in and drove off. (AP)



PUBLIC ART

## Work Commemorates Noble Occasion

British ice sculptor Duncan Hamilton works on a frozen London Eye in London on Friday. His ice rendering of the city's iconic skyline also features Canary Wharf, Big Ben, Tower Bridge and St. Paul's Cathedral. The work celebrates the launch of two new flavors of Smirnoff vodka: green apple and lime. (EXPRESS)



ELDERLY MEN

## Police Stake Out Cafeterias, Chess Tables in Park

A well-dressed elderly man carrying an oxygen tank allegedly robbed a bank in La Jolla, Calif., Saturday. San Diego police say the suspect fled with an unknown amount of cash. The robber is described as in his 70s with white hair, a gray mustache and glasses. He was wearing a white beret, argyle sweater and brown sports jacket. The oxygen tank was connected to the man's nose with plastic tubing. (AP)

NUMBERS

**"We decided we were going to go in on the eighth and try to induce and then have a baby on 9/9."**

— ALISON MILLER OF FAYETTEVILLE, ARK. HER FIRST CHILD WAS BORN ON AUG. 8, 2008 (8/8/08). SHE AND HER HUSBAND WERE SET ON THEIR SECOND'S BEING BORN SEPT. 9, 2009.

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## Poll: Trust In Media Is Decreasing

Growing percentage of Americans say the news is often wrong

NEW YORK | More bad news for journalists: The percentage of people who believe their work is

inaccurate and biased continues to grow.

# 74

The percentage of Americans who say news stories tend to favor one side of an issue over another.

believe that news stories are often inaccurate. That's a flip from when Pew first asked that question in 1985, when 34 percent of respondents believed stories were frequently inaccurate.

The slippage in attitudes toward the press is primarily due to shifting attitudes among Democrats. Republicans have long been critical of the news media, and now Democrats are joining them. Most Democrats (59 percent) say that news reports are often inaccurate, compared with 43 percent two years ago. DAVID BAUDER (AP)

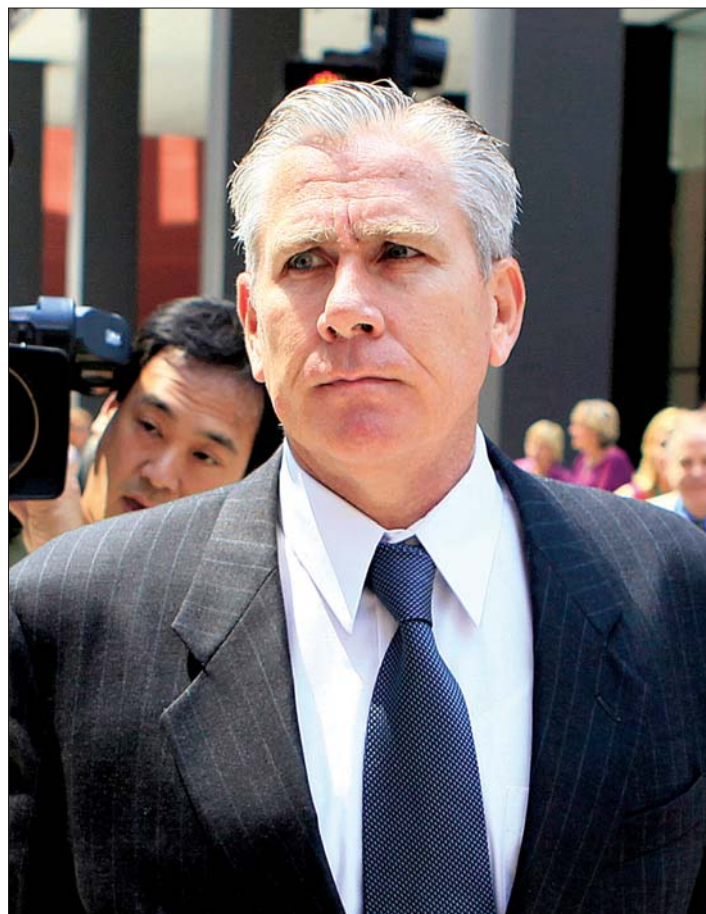
## Death of Blagojevich Aide Probed

Ill. mayor says drugs were found in the ex-fundraiser's vehicle

CHICAGO | The investigation into the death of the former chief fundraiser for ousted Illinois governor Rod Blagojevich intensified on Sunday as medical examiners completed an autopsy and detectives looked into whether drugs found in his vehicle might have factored into his death.

Dwight Welch, the mayor of suburban Country Club Hills — where Christopher Kelly was found slumped over his vehicle's steering wheel in a lumber yard — said a number of drugs were found in the former fundraiser's black Cadillac Escalade but declined to say which drugs. He did say the investigation was being treated as a possible suicide.

Welch said in a telephone interview with The Associated Press on Sunday morning that it was his understanding that Kelly had told an officer at the hospital that he had "taken an overdose of something." But on Sunday after-



Christopher Kelly, the ex-chief fundraiser for former Illinois governor Rod Blagojevich, is seen on June 22. Kelly died Saturday at John H. Stroger Jr. Hospital in Chicago.

noon he backed off that statement and said he was not "confirming or denying" that Kelly had made such a statement to police.

Kelly died Saturday morning at a Chicago hospital.

An admitted high-stakes gam-

**Kelly was scheduled to begin serving an eight-year prison term Friday.**

bler who once haunted Las Vegas' card tables, Kelly was facing at least eight years in prison after pleading guilty to fraud charges in two separate cases, and he was scheduled to start serving his time on Friday.

Kelly was part of the former governor's inner circle, and as chairman of Blagojevich's campaign fund, he presided over a political war chest of millions of dollars. But at the time of his death, Kelly had run up thousands of dollars in personal debts and was thought to be strapped for cash.

MIKE ROBINSON (AP)



**MEDICINE Swine Flu Shot May Arrive Early** The nation's first round of swine flu shots could begin sooner than expected, with some vaccine available as early as the first week of October, Health and Human Services Secretary Kathleen Sebelius said Sunday. Sebelius said she is confident the vaccine will be available early enough to beat the peak of the expected flu season and that early doses are intended for health care workers and other high-priority groups. "We'll get the vaccine out the door as fast as it rolls off the production line," Sebelius said. (AP)

# Allergies?

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## Father of 'Green Revolution' Dies

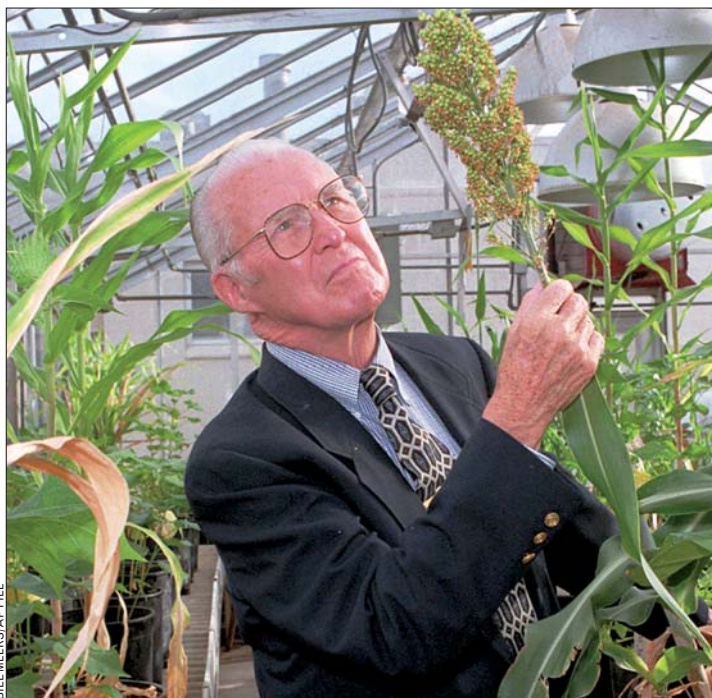
Nobel Prize winner Norman Borlaug's work helped feed 1B

DALLAS | Scientist and Nobel Peace Prize winner Norman Borlaug rose from his childhood on an Iowa farm to develop a type of wheat that helped feed the world, fostering a movement that is credited with saving up to 1 billion people from starvation.

Borlaug, 95, died Saturday from complications of cancer, said Kathleen Phillips, a spokesman for Texas A&M University where Borlaug was a professor.

"Norman E. Borlaug saved more lives than any man in human history," said Josette Sheeran, executive director of the U.N. World Food Program.

He was known as the father of the "green revolution," which



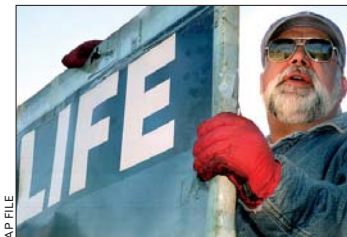
Norman Borlaug — seen here in 1996 in College Station, Texas — died Saturday at age 95. Borlaug won the Nobel Peace Prize for his role in combating world hunger.

**Borlaug saved more lives than any man in human history."**

— JOSETTE SHEERAN  
U.N. WORLD FOOD PROGRAM

transformed agriculture through high-yield crop varieties and other innovations, helping to more than double world food production between 1960 and 1990. Many experts credit the revolution with averting global famine during the second half of the 20th century and saving perhaps 1 billion lives.

"He has probably done more and is known by fewer people than anybody that has done that much," said Dr. Ed Runge, retired head of Texas A&M University's Department of Soil and Crop Sciences. "He made the world a better place — a much better place." (AP)



Anti-abortion activist Jim Pouillon, seen here in 2000, was killed Friday.

## Obama Decries Activist's Slaying

WASHINGTON | President Obama is calling the shooting of anti-abortion activist James Pouillon "deplorable."

The statement from the White House comes after a Friday shooting spree that left Pouillon and business owner Mike Fuoss dead in Owosso, Mich. Pouillon was shot while standing near a school, holding a sign with the image of an aborted fetus. A truck driver was arraigned on charges of first-degree murder in the case. (AP)

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## Nation



Phoenix Detective Kemp Layden displays part of a kit used to test drivers' blood.

## License, Insurance And Arm, Please

### Police trained to draw DUI suspects' blood, aiding in prosecution

**BOISE, IDAHO** | When police officer Darryll Dowell is on patrol in the southwestern Idaho city of Nampa, he'll pull up at a stoplight and usually start casing the vehicle. Nowadays, his eyes will also focus on the driver's arms, as he tries to search for a plump, bouncy vein.

"I was looking at people's arms and hands, thinking, 'I could draw from that,'" Dowell said.

It's all part of training he and a select cadre of officers in Idaho and Texas have received in recent months to draw blood from those suspected of drunken or drugged

driving. The federal program's aim is to determine whether blood draws by police can be an effective tool against drunken drivers and aid in their prosecution.

If the results seem promising after a year or two, the National Highway Traffic Safety Administration will encourage police nationwide to undergo similar training.

The U.S. Supreme Court ruled in 1966 that police could forcibly do blood tests on a drunken-driving suspect without a warrant, as long as the draw was based on a reasonable suspicion that the suspect was intoxicated. The court also ruled that the drawing of blood must be done in a medically approved manner.

REBECCA BOONE (AP)

### HEARSAY | APOLOGY REJECTED



**"I've apologized one time. The apology was accepted by the president. ... I am not apologizing again."**

—REP. JOE WILSON, R-S.C., WHO YELLED "YOU LIE!" AT PRESIDENT OBAMA DURING OBAMA'S SPEECH LAST WEEK. DEMOCRATS ARE DEMANDING WILSON PUBLICLY APOLOGIZE TO CONGRESS.





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# Official: Assault Bloodies Taliban

## U.S., Afghan forces strike back after three Americans are slain

KABUL | A battle in western Afghanistan that included airstrikes killed dozens of Taliban militants after an insurgent ambush left three U.S. troops dead, an Afghan official said Sunday.

The hours-long battle took place

Saturday in the western province of Farah after a complex attack killed three Americans and seven Afghan troops, said Afghan army spokesman Maj. Abdul Basir Ghorri.

The insurgent ambush involved two roadside bombs, gunfire and rocket-propelled grenades, Capt. Elizabeth Mathias, a U.S. military spokeswoman, said Sunday. Mathias confirmed that fighting in the west continued for six to

# 50

The number of militants killed in Saturday's battle, according to an Afghan army spokesman on Sunday.

eight hours after the ambush, but she could not provide any casualty figures.

"The combined ISAF and Afghan force was receiving significant small-arms, RPG and indirect fire throughout that time frame," she

said, referring to the NATO-led International Security Assistance Force.

Ghorri said about 50 militants were killed in Saturday's battle, but no other Afghan officials could immediately confirm that figure.

NATO aircraft bombed areas where militants were firing from, Mathias said. "We are not sure right now how many people those munitions killed," she said. (AP)

## In Brief



A policeman stands guard outside Hong Kong's International Commerce Center.

### HONG KONG

#### Elevator Shaft Fall Kills Six Workers in Skyscraper

A construction platform inside an elevator shaft collapsed Sunday, sending six workers falling about 20 stories to their deaths inside a Hong Kong skyscraper, officials said. The accident occurred at the International Commerce Center, which will be 118 stories high when completed next year. (AP)

### JERUSALEM

#### Late-Astronaut's Son Dies In Training Flight Accident

Capt. Asaf Ramon, the son of an Israeli astronaut who died in the space shuttle Columbia disaster six years ago was killed Sunday when his F-16 warplane crashed on a routine training flight, the Israeli military said. Ilan Ramon, Israel's first and only astronaut, is seen as a national hero in Israel. (AP)

## Israel Reports Split With U.S. On Peace Talks

JERUSALEM | Israeli Prime Minister Benjamin Netanyahu, speaking on the eve of a key meeting with the White House Mideast envoy, said Sunday that differences remain with the U.S. over resuming peace-making with the Palestinians.

Netanyahu delivered the assessment before flying to Cairo for talks with Egypt's president, a main mediator in efforts to restart peace talks.

The Obama administration, with envoy George Mitchell as the point man, has been pressing Israel to declare a halt to construction in its West Bank settlements. Netanyahu is seeking a compromise. (AP)

### GERMANY | STREET FESTIVAL ENDS IN CLASHES



WASHOUT: A man holds an umbrella as police use water canons to quell street violence after a street festival in Hamburg, Germany, on Sunday. Hundreds clashed with police in the city, which is known for confrontations with authorities.

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## World

# Iraqi Policeman's Family Is Killed

**Gunmen fatally shoot wife, children as they sleep in their home**

**BAGHDAD** | Gunmen killed a Kurdish policeman's wife and three young children with execution-style shots to the head Sunday as they slept in their home in the northern city of Kirkuk, where tension is building between Arabs and Kurds over land and oil.

Police Sgt. Omed Abdul-Hamid had already left for work when the gunmen burst into the house and shot the woman and children as they lay sleeping together on a mattress on the floor, police Brig. Gen. Sarhad Qadir said.

In vivid crime scene photos released by police, a 2-year-old boy could be seen lying on his back to the right of his mother with his head on a pillow, his face caked with blood where he had been shot. The boy's two sisters, ages 6 and 9, lay to the left of their mother;

all three were face down and shot in the back of the head.

At the house later in the day, Abdul-Hamid sat by his doorway weeping, unable to talk.

U.S. commanders have warned that insurgents are trying to exploit tension in Kirkuk and elsewhere in Iraq's north between Arabs and Kurds. The potential for conflict between them over land and oil poses a greater long-term threat to Iraq's stability than the Sunni-Shiite conflict that nearly plunged the country into civil war in 2006 and 2007, U.S. and Iraqi officials say.

Though nobody claimed responsibility for the killing of Abdul-Hamid's family, the police sergeant had recently been involved in raids on suspected insurgents' homes, Qadir said. Nothing had been stolen from the home, he said, also suggesting insurgents were behind the killings. Three gunmen are thought to have been involved, he added. **DAVID RISING (AP)**

**BAGHDAD** | SHOE-TOSSER SET TO BE FREED



**WELCOME HOME:** A relative of Iraqi journalist Muntadhar al-Zeidi on Sunday helps prepare a celebration for his scheduled jail release on Monday — nine months after he infamously threw shoes at then-President George W. Bush.

# Race Relations on Display in D.C.

## Black Family Reunion, anti-Obama protests coexist for weekend

On Saturday, tens of thousands of protesters thronged the U.S. Capitol to angrily denounce President Obama for taking the country in the wrong direction.

A day later, in the shadow of the Washington Monument, many participants at a much smaller gathering — the 24th annual Black Family Reunion Celebration — said the level of hostility toward the nation's first black president had little to do with policy differences over health care or taxes and everything to do with race.

"It's not conducive to the coalitions we need to build in this country," said Vera Hope, 60, who lives in Mount Rainier, as she exited a booth touting health prevention. "I'm disgusted and upset by the



Members of Northeast Performing Arts and Starlite Dance Academy watch Dance Dimensions of Suitland, Md., perform at the Black Family Reunion Celebration.

hostility. Let's call it what it is — it's just a disguise for right-wing racists. They are fermenting a climate of violence to provoke people."

The two-day event, since its inception, has focused on healing

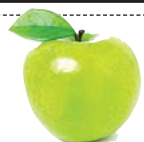
and uplifting the black family. This year's theme was "Renewing, Reviving and Reconnecting the Family Community." It featured musical performances, health screenings and motivational speakers.



Protesters walk on Constitution Avenue during the Taxpayer March on Saturday.

Dorothy Height, president of National Council of Negro Women, which hosts the reunion, said that while she was pleased the crowd of protesters and those attending the reunion peacefully coexisted, she was disappointed that some marchers were so crass.

"They are a bad sign for democracy. I've never heard anyone say that they wished the other 43 presidents would fail," Height, 97, said. YAMICHE ALCINDOR (THE WASHINGTON POST)



**SCHOOLS Food for Thought** Schools across Maryland will use locally grown food in their lunches this week. This is the second-straight year the Maryland Department of Agriculture has organized Homegrown School Lunch Week. Cafeterias in all 24 school districts will serve fruits, vegetables, bread, cheese and meats from Maryland. Agriculture Secretary Buddy Hance says the program helps teach students about where food comes from, how to eat healthier and how food is produced. (AP)

## The Lotteries

Sunday, Sept. 13

### DISTRICT

Mid-day Lucky Numbers	7-7-2
Mid-day DC 4	5-1-7-4
D.C. Five (Sun.)	6-2-0-1-7

### MARYLAND

Mid-day Pick 3	2-7-6
Mid-day Pick 4	2-9-0-1

### VIRGINIA

Mid-day Pick 3	8-9-5
Mid-day Pick 4	7-2-9-9
Mid-day Cash 5	4-5-6-8-19

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office.

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*"Government is our most reliable current and future growth industry."*

**WHAT MOST BUSINESS OWNERS DON'T KNOW COULD MAKE YOU RICH.**

Oftentimes the government and the businesses that need to fulfill contracts don't connect with each other.

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— Barry Smith, GA

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— Richard Furnari, CA

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# Money

## It's Worth the Energy

### Green mortgages can add up to big savings for new homeowners

NEW YORK | Home buying can be a maddening process. Buyers begin with pleasant images of a new life in a new abode: barbecues at that charming suburban house or glittery soirees in that condo with city views. But all too quickly they can find themselves paralyzed by sticker shock or shy of loan qualifications.

For those afraid that financial constraints will dash their dreams, the real estate industry has good news: going green could deliver a much-needed financial boost.

#### Energy-Credit Mortgage

Going green can save you green in the form of a discount on your closing costs. J.P. Morgan Chase & Co. will deduct \$500 for adding an energy improvement to the home or for purchasing an Energy Star-rated home, which means the home meets green standards.

Bank of America Corp. offers a \$1,000 credit, which can be used toward closing costs or to buy down the mortgage's interest rate. Reduc-



SCOTTOLSON/GETTY IMAGES  
The federal government offers some tax incentives to help homeowners go green.

ing rates can reap major savings over the years. For example, on a \$100,000 mortgage, a \$1,000 credit could cut roughly a quarter of a percent off the interest rate.

#### Energy-Efficient Mortgage

With this type of mortgage, borrowers can bundle the cost of green improvements into the loan and can add projected monthly energy savings to their qualifying income. Raising qualifying income can help land a bigger loan. Folding the investment into

the mortgage lets the borrower pay for renovations over the life of the mortgage.

An EEM is different from a traditional mortgage in two ways: a professional conducts an energy audit on the property, and the lender completes extra paperwork.

#### Other Incentives

The federal government offers tax credits for a number of energy-efficiency purchases. You can get the details at [energystar.gov](http://energystar.gov).  
DEBORAH JIAN LEE (AP)

#### PERSONAL FINANCE

### GOLD PRICES

**Gold prices rose above \$1,000 per ounce Tuesday for the first time in seven months, mostly because of a weak dollar that's driving people to other investments they perceive as safe. Here are some questions and answers about the high price of gold.**

**1 Why are gold prices rising?** Analysts say the price of gold has been rising predominantly because of the weakening value of the U.S. dollar. Typically, gold prices move in the

opposite direction of the dollar, so as it weakens, gold prices rise. The reason: When the value of the dollar, often considered the world's reserve currency, is falling, investors often turn to gold as a relatively safe alternative place to put their money.

**2 Is the price of gold going to continue rising?** Analysts are divided about where gold might head. Some say it will pass \$1,200 per ounce, while others expect prices to quickly retreat.

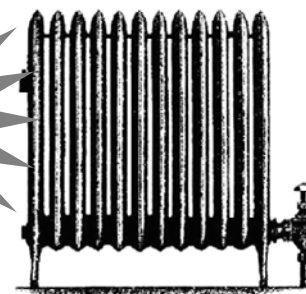
**3 Could the price of gold affect any potential economic recovery?** Jon Nadler, a senior analyst at Kitco Metals Inc. in Montreal, said that is unlikely. Because gold is used more

in luxury goods and is not a necessity like other commodities such as oil, it is unlikely to propel or drag the economy as it tries to shake the recession.

**4 What do rising gold prices mean for customers who buy jewelry and other products made from gold?** Quite simply, it means prices are likely to continue to rise. Tuesday's rise might not cause an increase in prices overnight, but as prices continue to move higher, that added cost is passed along to shoppers who buy things such as gold rings and necklaces. Of course, given the state of the economy, people might have been less inclined to buy gold jewelry even if the price of the metal were far lower. STEPHEN BERNARD (AP)

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# Redskins Stumble Out of the Gates

 **23 | 17** 

Mistakes prove too costly in opening game loss to Giants

**REDSKINS** | The Washington Redskins are off to a shaky start after an opening 23-17 loss Sunday to the New York Giants at Giants Stadium.

Washington struggled early on offense and defense, and coach Jim Zorn and his staff did not find enough answers to overcome everything that went wrong. Quarterback Jason Campbell committed two first-half turnovers — the second of which Giants Pro Bowl defensive end Osi Umenyiora returned for a touchdown.

New York place kicker Lawrence Tynes made all three of his field-goal attempts, including two in the fourth quarter to put the game out of reach. The Redskins hoped they had closed the gap against their NFC East rivals after losing both games against the Giants last season — including last year's opener — and dropping six of the previous seven meetings overall. But it seems the Redskins still have a long way to go to reach the Giants' level.

The Redskins had 272 total yards, and the Giants had 351. Campbell completed 19 of 26 passes for 211 yards. He threw a 17-yard touchdown pass to Chris Cooley late in the fourth quarter and had one interception and one fumble. The Redskins tried to recover the ball on an onside kick after the Campbell-Cooley connection helped to cut the deficit to 23-17, but New York's Steve



Quarterback Jason Campbell loses control of the football in Sunday's loss to the New York Giants. He had one fumble and one interception in the 23-17 defeat.

Smith recovered the ball.

New York quarterback Eli Manning went 20 of 29 for 256 yards. He had a 30-yard touchdown pass to Mario Manningham and one

interception.

Clinton Portis rushed for 62 yards on 16 carries. New York's Brandon Jacobs gained 46 yards on 16 rushes.



Punter Hunter Smith scores a touchdown after Redskins coach Jim Zorn called for a fake field goal late in the first half. It was Smith's second career touchdown.

## Report CARD



**BEST CALL:** Down by 17, the Redskins had the guts to go for a fake field goal late in the first half. It worked.

**WORST CALL:** After opening the game with a strong run by Portis, an option play to Randle-El was blown up for a drive-killing sack.

**WORST ADJUSTMENT:** Time management plagued the team. After burning through two timeouts in the third quarter, the Redskins weren't able to get another shot after getting within six.

**D** The Redskins needed mistake-free football to beat a solid Giants team. They weren't even close to that.

Zorn was upbeat after the game but said his team lost its poise at times and that it may have contributed to the defeat.

"I think our guys did what we

asked them to do coming out," he said. "I think the positive thing is we played hard all game. We just didn't have the poise ... I think the win was left there on the field."

For long stretches of the first half, the Giants seemed far ahead of the Redskins on offense and defense while taking a 17-0 lead. Poor tackling and turnovers helped to put Washington in a big hole, and it took Zorn's risky call on a fourth down late in the half for the Redskins to cut the lead to 17-7 at the break.

Facing a field goal to end the half, Zorn instructed special teams coordinator Danny Smith to go for the fake. Holder Hunter Smith took the snap and raced untouched to the right corner for his second career touchdown.

"We had to have a spark, and it certainly was the right time," Zorn said. "It was executed perfectly. I was proud of our guys. ... We were in the game the whole way. It was frustrating to me, especially in the first half, I was just beside myself."

JASON REID (THE WASHINGTON POST)

## > Redskins

0	7	3	7	17
3	14	0	6	23

**15**

FIRST  
DOWNS

**85**

RUSHING  
YARDS

**211**

PASSING  
YARDS

**19 / 26**

COMPLETIONS/  
ATTEMPTS

**2**

TURN-  
OVERS

**4 / 32**

PENALTIES/  
YARDS

**23:52**

TIME OF  
POSSESSION

## Sunday STARS

### CHRIS COOLEY

Corralled the Redskins' only TD on offense, with seven catches for 68 yards.



### OSI UMENYIORA

His strip, fumble recovery and touchdown return made the difference for N.Y.



## > Giants

**18**

**103**

**256**

**20 / 29**

**2**

**4 / 30**

**36:08**



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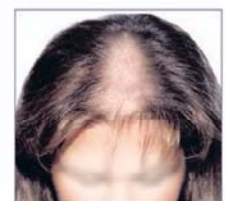
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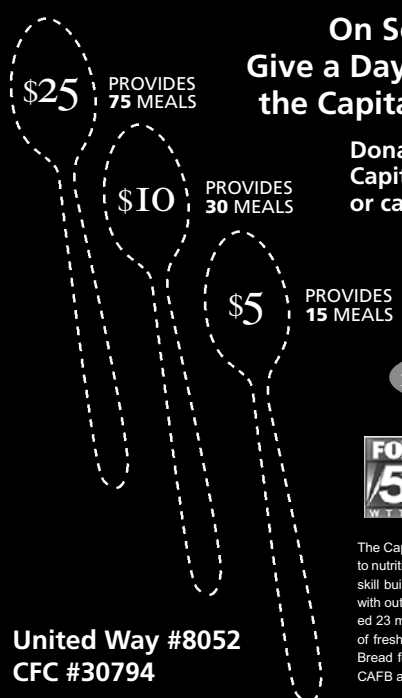
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United Way #8052  
CFC #30794

# A Rough Day for QBs in Carolina

## In Brief

### GOLF

#### Tiger Coasts to Victory In BMW Championship

Tiger Woods has won the BMW Championship for his sixth victory of the year, assuring himself the No. 1 ranking going into the final tournament of the FedEx Cup. One day after his record-breaking 62 at Cog Hill to build a seven-shot lead, Woods played efficiently and didn't let anyone get closer than six shots Sunday. (AP)



Woods

### WNBA

#### Liberty Tops Mystics, 86-65

Essence Carson scored 17 points, Tiffany Jackson added 12 and the New York Liberty closed its season with an 86-65 victory over the play-off-bound Washington Mystics on Sunday. Carson scored 14 points and Jackson had 10 in the third quarter as the Liberty (13-21) built a 16-point lead, saw it cut to seven, then pulled away again. New York, which fell one win short of reaching the WNBA finals last year, will miss the postseason for the fourth time in franchise history. (AP)

## NFL SCOREBOARD

Colts 14, Jaguars 12

Saints 45, Lions 27

Cowboys 34, Buccaneers 21

Eagles 38, Panthers 10

Ravens 38, Chiefs 24

Jets 24, Texans 7

Falcons 19, Dolphins 7

Broncos 12, Bengals 7

Vikings 34, Browns 20

Giants 23, Redskins 17

Seahawks 28, Rams 0

49ers 20, Cardinals 16

→ For results of Sunday night's game, visit [washingtonpost.com](http://washingtonpost.com).

**38 | 10**

## McNabb injures rib, Delhomme benched in Philadelphia win

NFL | Donovan McNabb limped to the locker room with a cracked rib. Jake Delhomme was booed off the field.

The veteran quarterbacks had rough games for different reasons Sunday, putting both franchises in flux after the Philadelphia Eagles routed the Carolina Panthers 38-10.

A dominant performance by the Eagles, thanks to Delhomme's five turnovers, was tempered by concerns about McNabb, who cracked a single rib when he was crunched by several defenders on a 3-yard touchdown run in the third quarter.

With the suspended Michael Vick watching from a luxury suite, Kevin Kolb finished the game at quarterback as the Eagles ran out



Quarterback Donovan McNabb lays on the ground after cracking a rib in Philadelphia's lopsided victory over Carolina Sunday.

the clock.

Playing his first meaningful game since committing six turnovers against Arizona in the play-

offs, Delhomme was replaced in the third quarter. Then, backup Josh McCown was carted to the locker room with a left knee injury,

leaving third-stringer Matt Moore to inherit a big deficit. Fittingly, he threw his own interception, one of seven Carolina turnovers. (AP)

## TOP DOGS | SUNDAY'S BEST IN THE NFL



**1 Drew Brees** tied a Saints record with six touchdown passes while dismantling the Lions. **2 Adrian Peterson** made Brett Favre's Vikings debut an easy one by rushing for 180 yards and three touchdowns on 25 carries. **3 Tony Romo** enjoyed his first game sans T.O. by passing for 353 yards and three scores in a rout of the Buccaneers.

## Ravens' Offense Carries the Day

RAVENS | Here's a switch: The Baltimore Ravens won on the strength of their offense.

Even more surprising, the Ravens used the pass more than their usual punishing ground game in a 38-24 victory over the Kansas City Chiefs on Sunday.

Joe Flacco went 26 for 43 for 307 yards and three touchdowns, all career highs.

The Ravens ruined the head coaching debut of Kansas City's Todd Haley as they amassed a franchise-record 501 yards, yet needed a 31-yard touchdown catch



The Ravens' Todd Heap and Mark Clayton celebrate Heap's touchdown.

by Mark Clayton with 2:06 left to break a tie.

Willis McGahee scored from the one-yard line with 31 seconds remaining to clinch it. (AP)



**COLLEGE FOOTBALL Hail to the Victors** After a season on the outs, Michigan is back in the AP Top 25. The Wolverines, unranked all last season while finishing 3-9, were No. 25 in The Associated Press poll released Sunday. Michigan moved into the media ranking for the first time since the end of the 2007 season after a thrilling 38-34 victory against Notre Dame on Saturday. The loss dropped the Fighting Irish from the rankings. Florida remained No. 1 after its second landslide victory over Troy. (AP)



# Nats Reign Over Marlins

After a seven-game wait, Lannan enjoys the taste of victory

**NATIONALS** | John Lannan won for the first time in seven starts and Pete Orr hit his first home run of the season, leading the Washington Nationals over the Florida Marlins 7-2 in a rain-shortened game Sunday.

The game was called after a 53-minute delay in the bottom of the ninth inning. The Marlins had a runner on base with



Nations catcher Wil Nieves leaves the field during a rain delay on Sunday.

nobody out. Rain also halted play for two hours, 10 minutes in the sixth. Lannan (9-11) allowed one run

## MLB SCOREBOARD

Nationals 7, Marlins 2
Yankees 13, Orioles 3
Giants 7, Dodgers 2
Tigers 7, Blue Jays 2
Braves 9, Cardinals 2
Phillies 5, Mets 4
Angels 3, White Sox 2
Padres 7, Rockies 3
Red Sox 3, Rays 1

and six hits in five innings. He did not return after the first delay. It was his first win since Aug. 5, also against Florida. (AP)

# Nadal Falls in U.S. Open Semifinals

**TENNIS** | Rafael Nadal looked lost, swallowed up by the huge serves and crushing forehands descending on him from his massive 6-foot-6 opponent.

Juan Martin del Potro defeated the Spaniard in straight sets, reaching his first Grand Slam final at the U.S. Open on Sunday, while denying Nadal a chance at

a career grand slam. Nadal was hampered by a strained abdominal muscle, hindering the six-time Grand Slam Champion from displaying his world-class athleticism. Del Potro will face five-time champion Roger Federer in the final, which was postponed until Monday due to rain. (AP)

## TODAY'S TV LINEUP

**FOOTBALL (7 P.M. ON ESPN)** T.O. and the Buffalo Bills travel to New England to face the Patriots as Tom Brady makes his return from injury.

**FOOTBALL (10:15 P.M. ON ESPN)** LaDainian Tomlinson and the San

Diego Chargers head to Oakland to battle the Raiders. **ORIOLES (7:05 P.M. ON MASN)** The Orioles take on the AL-champion Tampa Bay Rays in the first game of a four-game series at Camden Yards.

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express Continuing Education and Career Advancement Guide [www.expressnightout.com](http://www.expressnightout.com)

# Fighting Fire With Friends

A local man discovers Camaraderie and a promising career at the fire department

**"Man is by nature** a social animal," the philosopher John Locke wrote. Wandekha Kanthula would agree. It's one reason he joined the Arlington County Fire Department.

Kanthula, 27, grew up in Springfield, Va., and majored in criminal justice at Old Dominion University; he wanted to go into federal law enforcement. Becoming a firefighter or police officer seemed like "a quick way to get into the real world," though, so he applied in several jurisdictions while looking into which would be the best fit.

Talking with police and firefighters showed that among Arlington County and Fairfax County police, "you're on your own in a cruiser with little interaction," he notes. "An engine company has a four-man crew, so it's important to be on the same page. Police have camaraderie, but I didn't see the same bond."

In Arlington, fire recruits must first pass written and agility tests, the latter "geared to things a firefighter needs to do," says Capt. Matt Herbert, county program manager for fire and EMS training: "carry 50

CONTINUED ON E2



REGAN KIRILLIS

**FEELING THE HEAT:** Wandekha Kanthula always thought he would have a career in law enforcement, but a helmet and big red trucks ended up suiting him better.

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## Heated Decision

CONTINUED FROM E1

pounds on the StairMaster without holding the rail, pull a heavy hose, simulate pulling down a ceiling, crawl through a mini-maze.” An employment offer is contingent on passing a thorough physical, a psychological exam and an interview with the fire chief.

Kanthula temped for six months while taking and passing the initial tests for the Fairfax police force and the Arlington police and fire departments. With his parents’ enthusiastic support, the young hopeful started at Arlington County’s fire academy in July 2006.

It’s a “fast-track” 24 weeks, Kanthula says, during which students study and train full time while being paid \$45,000 a year. They become certified emergency medical technicians and learn fire response — in both cases hitting the books, then practicing in increasingly realistic situations.

“Recruit school” covers everything from vehicle extraction and hazardous materials to Metrorail tunnels and county roads. (There’s currently a hiring freeze, but for information, visit [Arlingtonva.us](http://Arlingtonva.us) under “employment” or call the



Kanthula’s intensive training to become a firefighter involved both book study and practicing in increasingly realistic simulations. Once he graduated, he earned the black helmet he’s sporting in the photo at right.

“A LOT OF CALLS TURN OUT TO BE NOTHING, BUT WE HAVE TO RUN TO EVERY CALL AS IF IT’S SERIOUS, BECAUSE YOU NEVER KNOW.”

hiring center at 703-228-3500.) Kanthula’s class used Loudoun County’s facility for a “live burn” and D.C.’s for a flashover simulation.

Graduation meant swapping red trainee headgear for a black helmet with his name on it. The classmates took an oath with family present and received station and shift assignments.

But training wasn’t over. Kanthula and his cohort began 56-hour weeks as fire trainees where “their sole job is to learn,

like an apprentice,” says Herbert. The other three members of each station’s crew coach their trainee for the big test a year ahead, which covers both knowledge and skills. Though few pass on the first try, they must pass by the second or lose their job.

Even without calls to a fire or rescue, firefighters drill, do physical training, check all rigs and equipment, get meals for the crew, and either coach a newbie or study. “This career used to be called ‘blue collar,’” Herbert



says, “but with the rise of terrorism, it’s requiring more and more education.”

With Arlington’s Station 2, Kanthula’s first fire was late at night. A charcoal grill too close to a house caught the siding on fire. “We gained control within minutes,” he says. “My anxiety level came down — I hadn’t known what to expect, because it’s a con-

**Firefighters in training become certified emergency medical technicians and learn fire response.**

trolled environment at the academy and you know all the rooms” in the simulation.

His most intense experience was a 2 a.m. head-on crash on Interstate 66. In one car, the driver was wearing a seat belt; the passengers weren’t. “It was the scariest thing,” Kanthula says. “There was blood everywhere, and the passengers were barely breathing.” He pulled one out, took vital signs and hooked her up to a monitor, then drove the ambulance to the hospital.

Kanthula’s role was over once they arrived at the hospital. He cleaned the gurney, reorganized the ambulance and caught a ride back to the station.

Is he a hero in these situations? “I never really think of myself that way,” he says. “A lot of calls turn out to be nothing, but we have to run every call as if it’s serious, because you never know.” Still, it’s gratifying to hear “thank you” every day and to see kids wave at the trucks.

Kanthula still aims to investigate fires, which will require more study. “It would be stupid not to take an opportunity to move around in the department and use my education from college,” he says. He’s got a backer for the eventual promotion: the head of the academy. Says Herbert: “He’s a hard worker, a quick learner and will go far in this department.”

ELLEN RYAN



# Fitness Can Take Work

**More companies are realizing that fitter employees are happier employees**

It's no secret that high-stress desk jobs can lead to highly sedentary workdays, but Audrey Babkirk, for one, can't relate. The self-professed "lazy" 30-year-old was little more than a sporadic exerciser when she took a job as online editor at the Motley Fool in Alexandria.

Fast-forward two and a half years: Babkirk arrives at the office three times a week at 7:30 a.m. for an hour-long "boot camp" with a personal trainer — a perk subsidized by the Motley Fool — and practices yoga regularly, an interest she cultivated via office yoga sessions.

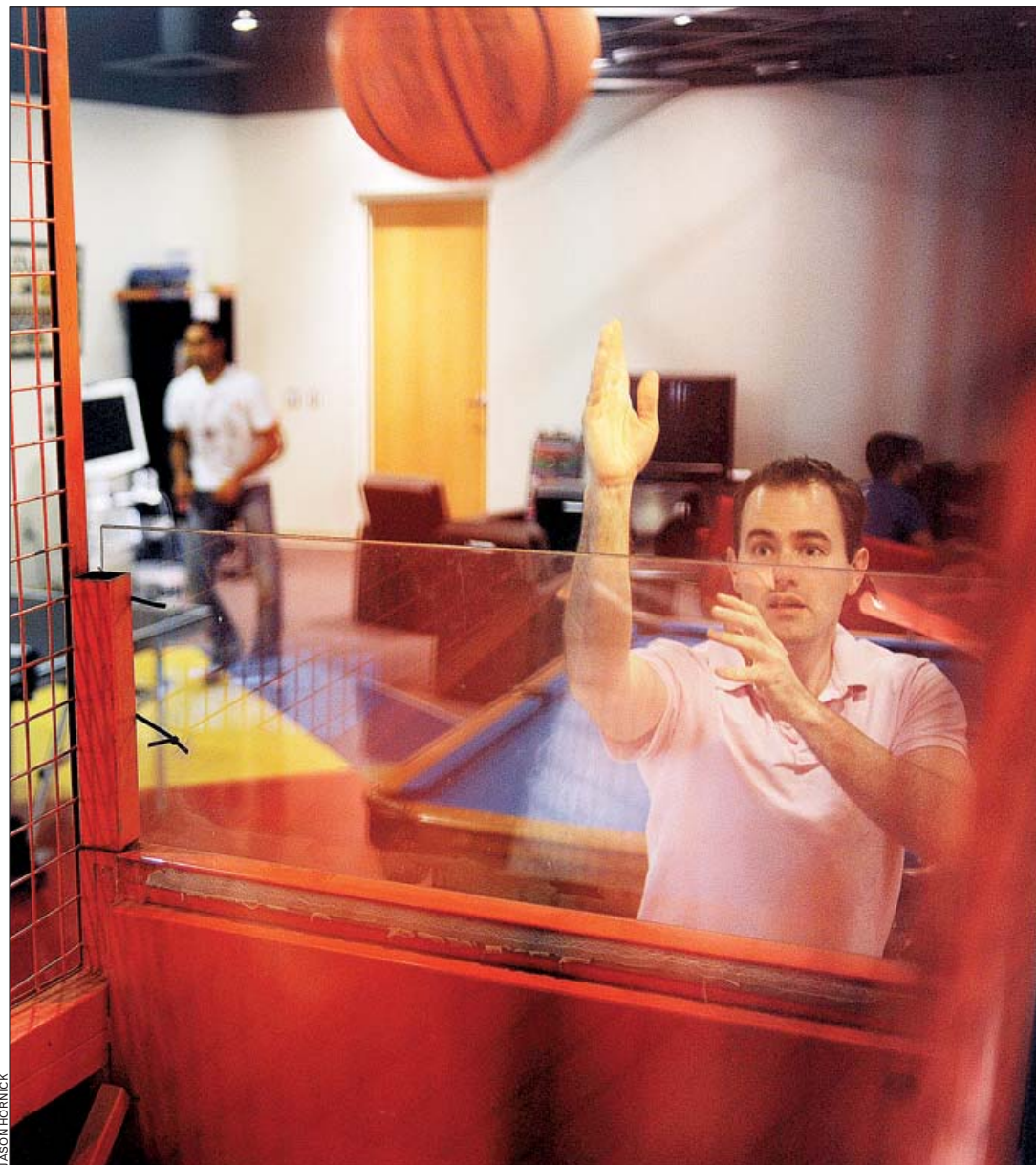
Babkirk's colleague, senior analyst James Early, takes advantage of other fitness benefits their employer offers, such as equipping his Kingstowne home with exercise and gymnastic equip-

ment (kettlebell, parallel lateral bars) on the company's dime, using the annual \$1,200 wellness allowance. "I have a baby, so I don't have time to go to the gym," says Early, 32, who instead squeezes short workouts into his schedule before and after work. "I have less time than I've ever had before, but exercising every day has made me make the best use of it." And when he finds himself waffling on a work project mid-day, he shoots hoops in the game room to get back on track.

These Motley Fool employees aren't the only ones getting healthier and more fit, thanks to their place of work.

"There's been a growing drumbeat of evidence over the past five years or so that says having healthy employees, and even dependents, is advantageous to employers," says Helen Darling, president of the D.C.-based National Business Group on Health. "People who are healthy are absent less often and don't

CONTINUED ON E4



**LET LOOSE:** James Early, a senior analyst at the Motley Fool, unwinds by shooting some hoops in his office's game room.

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Work Out at Work

CONTINUED FROM E3

stay out as long when they are out. They're also more resilient and engaged at work." The Wellness Council of America says 70 percent of Americans' chronic diseases — and medical claims — are lifestyle-driven. The American Institute of Stress claims job stress alone adds up to more than \$300 billion annually for U.S. companies. As a result, employers nationwide are beefing up their body of wellness perks.

In effect, healthy workers can act as lifelines for a company's bottom line. According to the Alliance for Workplace Excellence, research shows every \$1 a company invests in wellness programs saves at least



Tom Kalka, right, is president of Custom Fitness Concepts, a business that's built on whipping office employees into shape.

JASON HORNICK

\$4 in reduced health care costs. As such, economic woes have actually strengthened the push for wellness programs.

Research shows every \$1 invested in wellness programs saves \$4 in reduced health care costs.

"It's smart, prudent business sense to take care of employees so they take care of the company," says Brenda Loube, co-founder of Corporate Fitness Works (Corporate fitnessworks.com), a national health and fitness program provid-

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Tom Kalka of Custom Fitness Concepts works out with Linzi Bresler, left, and Mary Dutton in their office parking lot in Virginia.

er with its business office in Montgomery Village in Maryland. "If you ask an employer if they value their greatest asset, which is their employees, then, to me, it's a given they're going to have some type of wellness, and, hopefully, fitness incentives. It becomes a retention and recruitment tool."

Case in point: Loube runs a fitness program for Westat, a contract research organization headquartered in Rockville, which recently opened a 5,000-square-foot fitness center that serves more than 600 employees who signed up for a subsidized membership. Other employees vie for prizes in the Walker's Challenge after logging a certain number of miles or steps on free pedometers handed out at work. Prizes range from cash to weekend resort stays to new TV sets.

A decade ago, employers would install a small gym and brag about their wellness program. Now companies have learned that not only should they provide fitness equipment, but they also need

to motivate employees to use it. That's where fitness professionals join the circuit. Tom Kalka, president of Custom Fitness Concepts (Customfitnessconcepts.com) in Potomac Falls, helps whip office workers into shape by leading

**“It's smart, prudent business to take care of employees so they take care of the company.”**

on-site corporate boot camps and machine tutorials. "Often a company will have a fitness facility in the company that nobody uses, because nobody knows how to use the equipment," he says, "So, I'll go in and say, 'This is a lat pull-down machine. This is how you set your weights; here are some modifications.'"

A couple years ago, the Association for Supervision and Curriculum Development hired Ellen Yates, founder of McLean-

based fitness company N2Shape (N2shape.com) to lead 5 a.m. subsidized exercise classes four days a week at its free on-site wellness center. In addition, ASCD sends employees a monthly health newsletter, sponsors recreational sports teams for Alexandria city leagues and holds an annual health fair. "We have people who don't even look like themselves, because they got into walk clubs with co-workers and they're dropping dress sizes," says Catlin Power, manager of compensation and benefits.

This past May, the Washington metro area was ranked the fittest city (of the country's 50 most populous) by the American Fitness Index. If you ask Walter Thompson, chair of the AFI's advisory committee, hard-driving Washingtonians are likely healthier because of their worker-bee image — not in spite of it. "Hard-driving people typically take good care of themselves," Thompson explains. "They're as obsessive about their health as they are their jobs."

KATIE KNOROVSKY

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## steal this job

## In Good Health

→ **NAME:** Sandra Mederos  
 → **JOB:** Holistic health counselor and educator  
 → **SALARY:** \$24,000 to \$48,000  
 → **EDUCATION:** Institute for Integrative Nutrition in New York City and Hippocrates Health Institute in West Palm Beach, Fla.  
 → **WHAT SHE DOES:** Mederos specializes in simplifying the ways people can get healthy without over-

whelming them with information. "I've really focused all of my energy on vegan and vegetarian diets, and so what I do is I teach about the benefits of a plant-based diet," the 29-year-old Mexico native says. Besides teaching cooking classes at eight local Whole Foods Markets, catering private parties and working as a personal chef, she offers one-on-one counseling — a six-month program that blends nutrition, physical activity, relationships and career. The counseling involves face-to-face meetings and phone check-ins, plus taking clients on tours of their grocery stores to help



Health counselor Sandra Mederos shows one of her veggie-ful creations.

KRIS TRIPPLAAR

them make healthier food choices.

→ **WOULD YOU WANT THIS JOB?**

"The beauty about it is that it's very versatile," Mederos says of her job. She sets her own hours, has traveled the country teaching classes and even counsels clients in Mexico using Skype.

→ **HOW SHE GOT THIS JOB:**

Curiosity led Mederos, a vegetarian for 12 years, to holistic wellness. "Really, I went to the Institute for Integrative Nutrition for self-education, but the more I learned about how significant one person is to the community — forget the world, but to the community — you see the

opportunity," she says. That realization helped her gain the confidence she needed to market herself to local businesses.

→ **HOW YOU CAN GET THIS JOB:**

The Institute for Integrative Nutrition (Integrativenutrition.com), Clayton College of Natural Health (Ccnh.edu) and the Global College of Natural Medicine (Gcnm.com/accreditation.html) offer distance-learning programs. Locally, the Washington Institute of Natural Medicine has classes such as Holistic Health Care, Holistic Nutrition and Foods for Health.

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# gettingahead

## All the Working Ladies

'The Go-Getter Girl's Guide' offers career and lifestyle advice from a former lawyer

**Attention, please,** career-oriented ladies in your 20s and 30s. Author Debra Shigley has an advice book on shelves that will not only tell you how to advance yourself professionally, but will also keep you chic and well-groomed while you're doing it. In "The Go-Getter Girl's Guide" (\$16.99, St. Martin's Press), the former lawyer lays out the must-knows of everything from office etiquette and resume building, to healthy eating and basic makeup application.

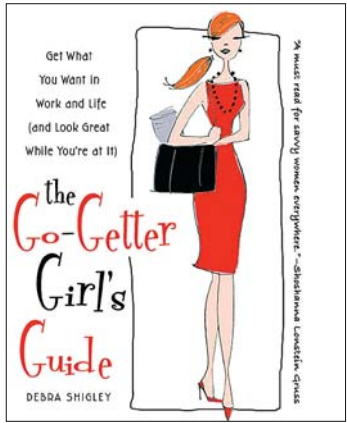
Why? Because throughout her own life, Shigley admits, she could've used a guide. "I started noticing a string of commonalities among successful women," said the 30-year-old, "and I wished I had information like this when I was younger." Shigley recently chatted with Express about the fundamentals of a go-getter girl's life.

**When were you first inspired to write this book?**

The seeds of it were planted when I was about 20. You go to a good school and they teach you lots of things, but not how to get and grow in the job you want. I looked for a mentor and contacted Soledad O'Brien. She responded, much to my surprise! What that made me realize was if you talk to people, they will give you advice — and that is a huge part of my book. There is knowledge out there, and you can stumble upon it, or you can just ask people.

**The book has a ton of beauty tips. What would you tell women are the most important things in terms of maintaining their look?**

I truly believe in having a non-ne-



gotiable regimen that makes you look and feel your best. Something you can do every week. For many women, it might be as simple as getting your eyebrows done. Also, working out — I know we're all busy, but it has great benefits for your spirit, and it helps you not have to buy a lot of new clothes all the time! I've talked to so many women who really relate the sort of discipline it takes to keep a workout regimen to other areas of their lives.

**Could you pick one or two things that you can do to excel in your job?**

Debra Shigley is a lifestyle expert and an author, with a law degree to boot.

People often underestimate the importance of having allies in the workplace. This is quite interesting to me — having book smarts does not necessarily relate to navigating relationships. Everyone makes mistakes — you're not going to be perfect in your career. So, I think having allies is important to not only ride those waves and get to the next destination, but also [to] kind of have support when we make mistakes at work. People that are on the fast track to success are there because they've forged relationships.

**And one or two things that are essential when getting a new job?**

Especially in this climate, I think the most important thing is to make sure your resume lands in the hands of an actual person. We're accustomed to virtually submitting something, but people who get jobs usually find a way to make a connection or have informational interviews or meet someone. KARMAH ELMUSA (EXPRESS)



## getting ahead



KRISTOPPLAR

**DUST OFF YOUR PENCILS:** Despite an unstable job market, people such as Adrienne Feil are heading back to class this fall.

# Back-to-School Jitters

**Pursuing a graduate degree can be scary in tough economic times, but also smart**

As she plunges into the Master's in Business Administration program at Yale University, Lydia Gensheimer is facing an English major's worst nightmare.

"I'm taking stats, accounting, microeconomics and Excel modeling," Gensheimer says cheerfully (so are all her cohorts in the two-year program).

It's a sea change for the former journalist, who covered education for Congressional Quarterly after graduating from Dartmouth in 2006. But getting an MBA also flows naturally from her former beat.

"I am one of those people who got so involved in what I was writing about that I decided to go *do* what I was writing about"

— education reform, says Gensheimer, 24.

This fall, in the face of a stubborn recession and a lot of uncertainty in a whole host of fields, thousands of newly minted grad-

**And, adding a few letters after your name means new skills developed and new interests pursued.**

school students are going back to school, often after years in the work force.

Each student's decision to matriculate now is guided by a range of personal, professional and financial factors. But experts say one thing is for sure.

"If you are only going back to graduate school to earn a degree

because you think it will make you more money, that's the wrong reason," says Marsha Egan, a certified professional coach based in Reading, Pa. Through her company, the Egan Group (Marshaegan.com), she consults across the country with people wondering whether grad school might be a ticket to greater security, greater satisfaction, or some combination of the two.

"There can be something motivational" about all the bad news," she says. Unlike a job, "a degree is something no one can ever take away from you."

And, adding a few letters after your name means new skills developed, new interests pursued and new credentials burnished — some of the right reasons to make the graduate-school investment, Egan contends.

"People are re-evaluating what is important to them," says Jung

CONTINUED ON E10

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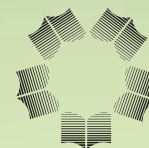
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Get Schooled

CONTINUED FROM E9

Fitzpatrick, graduate education communications coordinator at Idealist.org, a nonprofit career Web site. (Its Graduate Degree Fair for the Public Good takes place at the Washington Convention Center Sept. 21; see Idealist.org/if/idealists/en/CareerFair/Viewer/default?career-fair-id=226.) The fairs have seen a significant spike in attendance as prospective students explore new career options.

"A graduate education can be a transition to more meaningful work," Fitzpatrick says.

For Adrienne Feil, it was more of a foregone conclusion. The Fairfax, Va., native "knew I wanted to have a graduate degree by the time I was 30," she says (both of her parents have master's degrees). Working at the Advisory Board Company, a health care consulting firm based in Washington, "I had learned a lot, but I realized health care was not where I wanted to stay."

Feil, 26, spent hours in infor-

mational interviews with people working in policy think tanks to suss out what sort of skills and personalities were suited to their work. During that exploratory phase, Feil — who started the MBA program at Georgetown University's McDonough School of Business last month — realized before matriculating that marketing was most appealing to her.

So, unless you're willing to do your homework as Feil did, it's best not to spend the time, effort and many thousands of dollars graduate school demands if you don't

**“If you decide you need to go back to graduate school, then, economically, it will work out in the long run.”**

have a plan for what you hope to derive from it.

"Some people say, 'I don't know what to do with myself, so I guess I'll go to grad school, because it can't hurt me,'" Egan says. "But it's much better to first ask your-

self what industries you love and what you want to do."

Trinidad resident Georgina Javor opted for Georgetown's three-year MBA evening program.

"I thought taking myself out of the game [to attend school full time] would make it harder to get back in later," says Javor, programming manager at Strathmore, the performing arts center in North Bethesda.

In her field, "a lot of people get a master's in arts administration, but I wanted to do something more all-encompassing that would let

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## getting ahead



Kris Tripplaar

After carefully considering her interests, Feil is attending the MBA program at Georgetown's McDonough School of Business.

me look at business models as a whole," she says.

"I have a passion for the arts," adds Javor, 28, "but sometimes that isn't enough, especially when you look at how our industry has been hit hard by the economy."

Gensheimer, who moved from Mount Pleasant to New Haven, Conn., earlier this year, insists that the grim worldwide economic picture didn't have a significant effect on her plans. Nor did the fact that her former employer, CQ, was sold in June to Roll Call, or that journalism as a whole is limping along.

"If people were thinking about grad school before the economy got rough, I don't think [the recession] has changed most people's

minds on whether to go or not," says Idealist's Fitzpatrick, who says folks attending her organization's career fairs are typically two to five years out of undergrad.

For Eric Prag, graduate school goals are now crystallizing.

Last year, the Capitol Hill resident attended one of Idealist's grad school fairs in D.C., where he found himself drawn to programs in political science, international relations and economics. But when he landed an interesting position working on policy matters at Save the Children, he tabled his research — for a while, anyway.

"Now that I'm 30, I feel like it's now or never for grad school," says

Prag, adding that he's redoubling his efforts to pinpoint the right program, possibly for fall 2010.

Gensheimer says that Yale's loan forgiveness program (which helps those committed to non-profit work drastically reduce or erase the costs of graduate school) — and a belief that she is doing the right thing for herself — helped her overcome the mental burden of shouldering about \$100,000 in debt.

"You have to let some of those doubts and voices in your head go by," she says. "If you decide you need to go back to graduate school to find the career right for you, then, economically, it will work out in the long run."

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## getting ahead



Laura Zam poses at the Omni Shoreham, where she'll hold her workshop on Oct. 4.

# When Work Imitates Art

**Creative types learn to forget about the starving-artist idea in a new workshop**

If you dream of being an artist, relying on job listings for employment can leave you with a blank canvas. To work creatively, you have to get creative.

Performance artist Laura Zam teaches aspiring writers, actors, musicians and others to ignore the myth that artists can't make bank through her work-

shop "How to Leave Your Day Job: A Holistic Approach to Making a Living in the Arts."

"What I hope to do is really break down that starving artist paradigm by introducing artists to the concept of being able to generate income through creative means, but to look at it a little bit differently," says Zam.

**Crash Course**

### The Basics

The workshop, open to 40 people interested in any art form, aims to turn insecure wannabe artists into business-savvy moneymaking machines.



First, students talk about their careers and artistic objectives. Then Zam provides tips for reaching those goals. The main idea: Find products and services related to your core art form that could appeal to similar, established markets. For instance, a photographer might shoot food for Whole Foods ads, or a novelist could write brochures and free-lance magazine articles.

"Artists get very stuck in 'I'm a painter and I don't believe that painters can make a living,'" Zam says. "We would look at different ways that a painter could

**The main idea:**  
**Find products and services related to your core art form that appeal to established markets.**

generate income doing things that they love. For instance, this person might really love doing something else related to the visual arts, or this person may love painting very generally, and

we would break down what they could use specifically that might enable them to generate income where there is already a market for what you do."

"I don't [see] hard lines between commercial and noncommercial art," Zam says. "Those kinds of divisions are a little bit archaic to me. ... They're just different income streams. It's not like one is art and one isn't art."

### What You'll Learn

Zam uses case studies of successful artists to teach participants to find opportunities to bust money-

making barriers and to use those newfound options to create the beginnings of a business plan that includes a strategy for transitioning from day job to dream job. Armed with that knowledge, participants gain a new perspective, Zam says. "It's thinking entrepreneurially: 'OK, what do I have that there's a market for? What are my skills? And, concurrently, how can I grow my art, whatever it is — poetry, art books, performance plays?'"

Zam also offers fear-busting techniques for overcoming doubts about making such a professional leap. In what she dubs the World

Café, she provides categories of fears such as fear of inadequacy and has students write their individual fears within that category. Her goal is to take a paralyzing insecurity and break it down into something surmountable.

### What's the Deal?

"How to Leave Your Day Job" will be held Oct. 4 from 10 a.m. to 4 p.m. at the Omni Shoreham Hotel (2500 Calvert St. NW). The workshop costs \$95 before Oct. 3 or \$110 at the door. Register at [Nodayjob.eventbrite.com](http://Nodayjob.eventbrite.com).

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# getting ahead



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## Early Midlife Crises

**Young professionals are suffering from acute cases of 'What do I do with myself?'**

Armed with a degree in political science from Northeastern University, Heidi Buchanan came to the District in June 2006 to find her dream job in public policy. What she found instead was that life after college wasn't all she had hoped it would be.

Call it a quarter-life crisis or the 20-something version of a midlife crisis. It's not a new phenomenon, but today's young people seem to experience it very acutely.

Unlike young adults of generations past, many of whom were married and settled in their careers by their mid-20s, today's college grads experience a longer period of transition to the settled-down stage, said Jeffrey Jensen Arnett, a research professor of psychology at Clark University in Massachusetts and author of "Emerging Adulthood: The Winding Road From Late Teens Through the Twenties."

"It is a unique time of life when

people are not entirely dependent on their parents ... but they don't have a stable life structure with marriage and parenthood and stable work," Arnett said.

Arnett believes this transition period can be positive, with its opportunities for growth and adventure. But for some people, the turmoil brings worry, fears of failure or of being trapped by responsibilities, or depression.

In the case of Buchanan, who is now 26, her job made her unhappy because she didn't know what she really wanted out of her career. Then in March this year, the bad economy made her decision for her: She was laid off.

"Maybe I want a career totally out of the ordinary — say, like being a flight attendant," she wrote on her blog, *Life in Pink*. "I'd love to travel and meet new people. But to be honest? I just ... don't know. At all."

Lauren Kellar, a counselor at the Center for Well Being in Falls Church, has seen many of her quarter-life clients laid off or facing pay cuts. In her therapy sessions, Kellar starts by telling her clients they aren't alone. Then she helps them get comfortable with who they are.

"A lot of times you don't know what you want because you're out of touch with things," Kellar said. "Take a step back. Make choices in a more deliberate way, and afterwards know how [you] feel about them." LINDSAY MINNEMA

(THE WASHINGTON POST)



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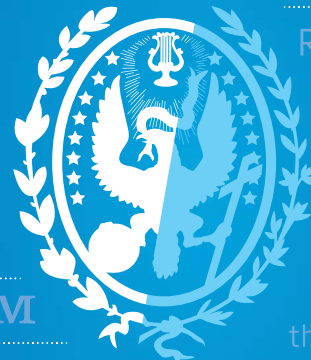
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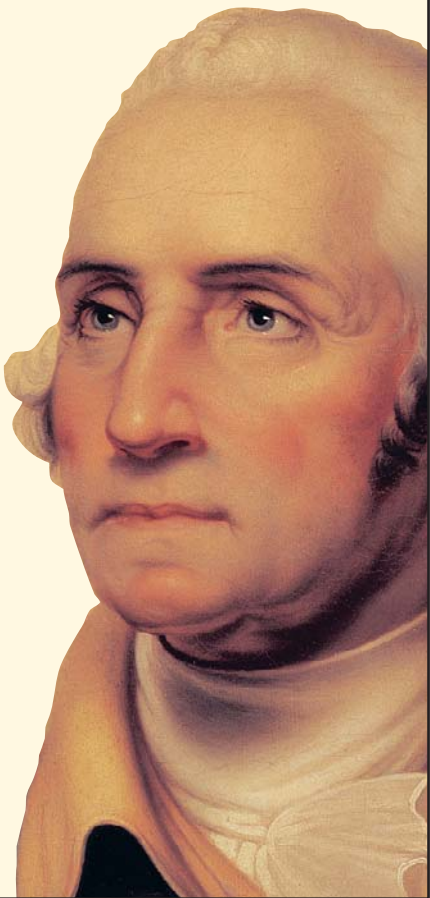
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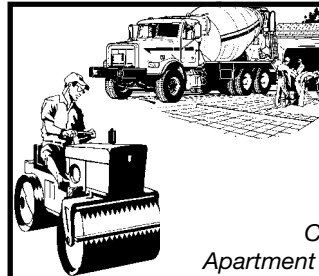
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**It's Baby Time**  
Elton John and his partner want to adopt a Ukrainian infant | 34

## New King of Comedy

**Jay Leno works to quash the mass hype surrounding his ascent to prime time's throne**

**HOST** | Jay Leno has shed more than a dozen pounds and the weighty traditions of the "Tonight Show" that would tie his prime-time future to his late-night past.

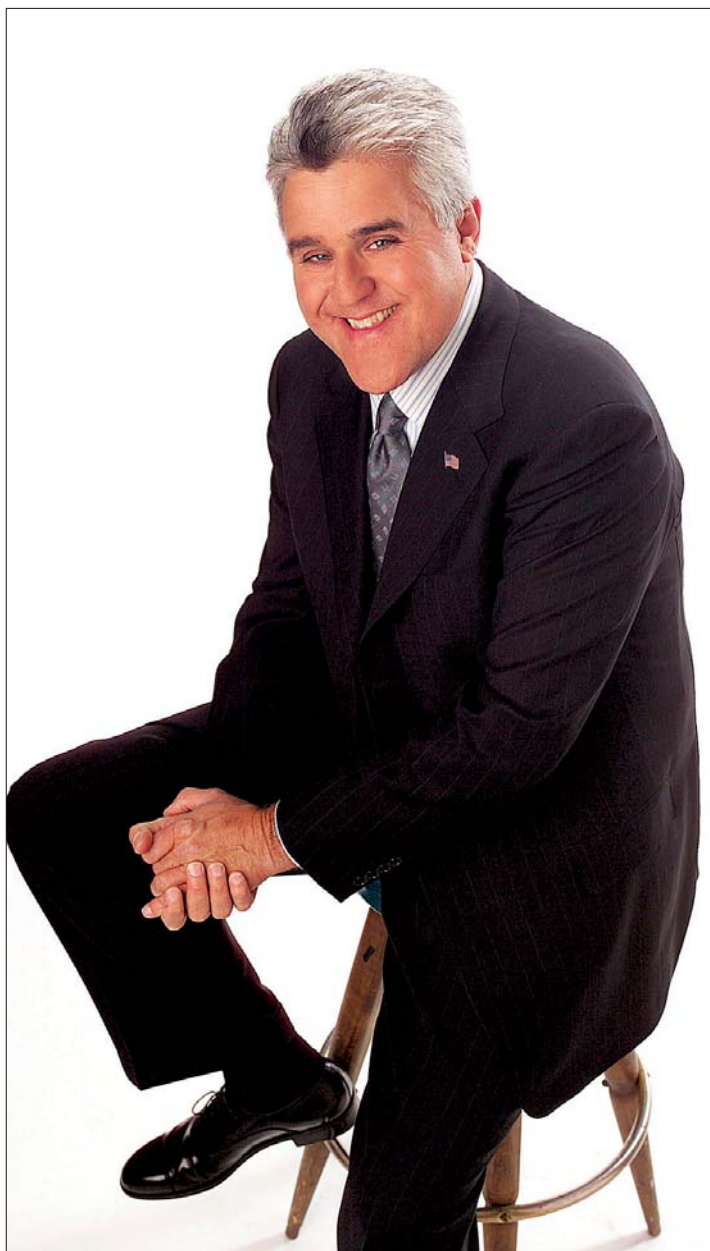
The desk that's central to any talk show will go mostly unused. There will also be fewer stars hawk-ing their latest movies, TV shows and albums, and instead more comedy when NBC's "The Jay Leno Show" debuts at 10 tonight. For his

**“We're here because we can do five shows for less than the price of what it costs to do 'CSI.'”**

first show, he'll host Jerry Seinfeld and musical guests Jay-Z, Kanye West and Rihanna.

But can the newly trim, 59-year-old Leno bring major change to American television with a one-hour show five nights a week?

"I do think this is the kind of bold move that the networks need to make if they're going to hold onto any part of their primacy in the TV world," says Tim Brooks, author of "The Complete Directory to Prime-Time Network and Cable TV Shows."



**LOWERED EXPECTATIONS:** Leno is excited for his show's debut, but he dismisses the idea that its going to revolutionize audiences' attitudes toward network TV.

Leno, at least publicly, won't play along. He dismissed as "hilarious" the notion that he can single-handedly reverse the shrinking fortunes of broadcast television.

He also rejects the idea that he's poised to be an innovator, although the car buff is proud of his new Burbank set. With artwork of his vintage cars as decoration, it displays Leno's passion for automobiles.

But it is, crucially, also a budget-conscious show. Leno is taking over real estate that would have belonged to a quintet of one-hour dramas that typically cost about \$3 million per episode.

"It's all economic. We're here because we can do five shows for less than the price of what it costs to do 'CSI: Miami' or a 'Law & Order,'" Leno says.

A key staple will be taped reports filed by a corps of young comedians, including D.L. Hughley, Mikey Day, Liz Feldman, Brian Unger and Owen Benjamin. Actor-comedian Rachael Harris ("The Hangover") will act as a comedy correspondent. One of her contributions is "Recessioning It With Rachael," in which she offers tips such as taking a car for a test drive to run errands. Another piece shows Feldman teaching seniors how to tweet.

"My opinion is that Jay, at this point, has nothing to lose," she says. "Why not take a gamble on funny, gamble on having a great time and seeing what works?"

LYNN ELBER (AP)



Get behind the wheel with "Dirt 2."

## Immerse Yourself In 'Dirt'

**The second driving game in a series is the best in years**

**VIDEO GAME** | The latest driving title, "Dirt 2," represents a changing of the guard for the genre. The torch is being passed from driving legends such as rally race legend Colin McRae to a new breed of ESPN "X Game" types.

On this title it works like a charm. The big names are young upstarts such as Travis Pastrana and Dave Mirra, who are no strangers to speed.

Where "Dirt 2" leaves the competition behind is in the graphics department. Eye-popping detail and 3-D menus make every twist enjoyable. From the maps and fast-food trash strewn around to the loose gravel kicked up on a crusty Croatian outback during a race, there's rarely been better attention to detail in a racing game.

Plus, the car handling is exceptional throughout. "Dirt 2" is the best driving title to come out in years. RON HARRIS (AP)



**BOX OFFICE Doing Just Fine** Tyler Perry's latest movie, "I Can Do Bad All By Myself," opened at the top of the box office with more than \$24 million. The comedy stars Taraji P. Henson as a hard-drinking nightclub singer forced to care for her delinquent niece and nephews. Besides directing and writing the film, Perry co-stars as his brash, cross-dressing alter ego, Madea. It's Perry's second film this year to open at No. 1: "Tyler Perry's Madea Goes to Jail" debuted at the top spot with \$41 million. (AP)



# Sex: It's Only Natural

## Isabella Rossellini's Web series 'Green Porno' launches its third season today

**ODD** | Isabella Rossellini has established herself as the world's most prominent porn artist specializing in the lusty behavior of bugs, barnacles, shrimp and starfish.

Her "Green Porno" short films have become a Web sensation, offering morsels about the reproductive habits of insects and ocean life, and a clever dose of low-budget filmmaking that takes its cue from old-fashioned arts and crafts classes.

The films, written and co-directed by Rossellini, feature the actress offering wry narration about how she would mate if she were a dragonfly or squid or



Rossellini "acts" in an underwater mating ritual in her Web series "Green Porno."

anchovy. Rossellini appears in costumes mostly made of paper, staring in bemusement at the camera as she shows off makeshift versions

of some of the species' gargantuan sexual apparatus.

The do-it-yourself style had two aims: to make the best use of her

small budgets, and to create something simple enough to make for good viewing on portable devices.

"We couldn't photograph real sets, because there's too many colors, too many things going, so it had to be almost two-dimensional, cartoon-looking," Rossellini said.

"I think there is a quality of naivete about it. I did want 'Green Porno' deliberately to look like something that was done in your basement."

The third season of "Green Porno" launches online on Sundancechannel.com Monday. The films then have their TV premiere on the Sundance Channel on Sept. 21, with a "Green Porno" book accompanied by a DVD of the short films due out the next day from Harper Collins. DAVID GERMAIN (AP)

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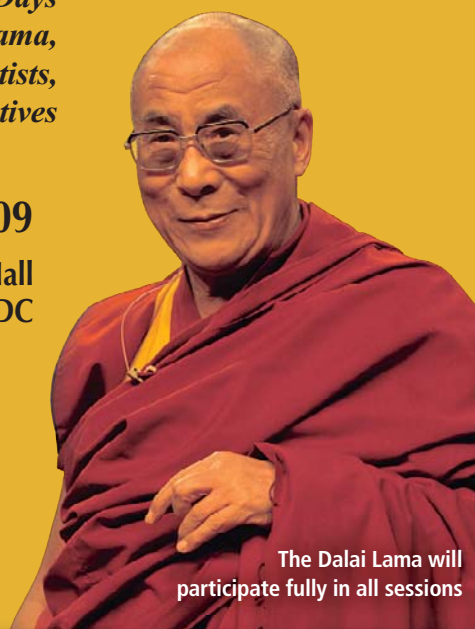
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THE GAMER (R) - ID REQ'D (100 320 540) 800 1020  
ALL ABOUT STEVE (PG-13) (120 400) 720 950  
FINAL DESTINATION: DEATH TRIP (R) - ID REQ'D (210 PM)  
THE TIME TRAVELER'S WIFE (PG-13) (410 PM) 650 PM 920 PM  
DISTRICT 9 (R) - ID REQ'D (220 450) 730 1005  
JULIE & JULIA (PG-13) (145 430) 715 1000  
G.I. JOE (PG-13) (130 440) 740 1020  
HARRY POTTER: HALF BLOOD PRINCE (PG) (200 PM 515 PM) 830 PM  
HANGOVER (R) - ID REQ'D (230 450) 710 930

**BOWIE STADIUM 14**  
15200 Major Lansdale Blvd 800-FANDANGO 454#  
WHITEOUT (R) - ID REQ'D (210 445) 735 1005  
SORORITY ROW (R) - ID REQ'D (100 320 540) 805 1045  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)  
(1100 115 145 245 330 400 430 530) 615 645 715 815 900 930 1000 1045  
9 (PG-13) (125 325 530) 730 945  
THE GAMER (R) - ID REQ'D (100 320 535) 755 1015  
ALL ABOUT STEVE (PG-13) (235 455) 720 950  
HALLOWEEN 2 (R) - ID REQ'D (220 450) 750 1020  
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★  
(120 345) 600 810 1040  
INGLORIOUS BASTERDS (R) - ID REQ'D (220 PM) 645 PM 955 PM  
DISTRICT 9 (R) - ID REQ'D (215 500) 745 1030  
G.I. JOE (PG-13) (215 500) 745 1030

**GALLERY PLACE STADIUM 14**  
701 Seventh St NW 800-FANDANGO 1721#  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)  
(1210 1250) 315 400 615 700 915 1000  
WHITEOUT (R) - ID REQ'D (1205 240) 510 745 1020  
SORORITY ROW (R) - ID REQ'D (1200 230 500 730 1010  
9 (PG-13) (1150 200) 420 710 930  
OC & DA: ALL ABOUT STEVE (PG-13) (1235 PM) 815 PM  
THE SEPTEMBER ISSUE (NR) (1145 220) 445 720 950  
EXTRACT (R) - ID REQ'D (1230 250) 520 750 1005  
THE GAMER (R) - ID REQ'D (1220 245) 535 800 1035  
ABOUT STEVE (PG-13) 310 PM 540 PM 1040 PM  
HALLOWEEN 2 (R) - ID REQ'D (1140 AM)  
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★  
(1240 300 510) 735 1015  
INGLORIOUS BASTERDS (R) - ID REQ'D (1215) 345 705 1030  
DISTRICT 9 (R) - ID REQ'D (150) 530 810 1040  
JULIE & JULIA (PG-13) (100) 355 845 940  
500 DAYS OF SUMMER (PG-13) (210) 430 655 920

**BALLSTON COMMON STADIUM 12**  
671 N Glebe Rd 800-FANDANGO 377#  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (200 450) 740 1030  
9 (PG-13) (1240 250 500) 710 930  
EXTRACT (R) - ID REQ'D (1235 255 520) 810 1035  
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★  
(1250 310 530) 750 1010  
SHORTS (PG) (150 415) 640 905  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)  
(110 210 405 505) 700 900 950  
SORORITY ROW (R) - ID REQ'D (1220 120 320 420) 620 720 920 1020  
JULIE & JULIA (PG-13) (1255 PM 420 PM) 745 PM  
HARRY POTTER: HALF BLOOD PRINCE (PG) (1230 PM 540 PM) 730 PM  
THE PROPOSAL (PG-13) (100 350) 650 940

**POTOMAC YARD STADIUM 16**  
3575 Jefferson Davis Hwy 800-FANDANGO 690#  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)  
(130 220 280 320 350 420 450 520) 610 640 710 740 810 900 930 1000 1030  
SORORITY ROW (R) - ID REQ'D (150 440) 730 1020  
WHITEOUT (R) - ID REQ'D (220 510) 750 1040  
9 (PG-13) (210 445) 700 915  
OC & DA: ALL ABOUT STEVE (PG-13) (110 PM) 620 PM  
EXTRACT (R) - ID REQ'D (140 405) 630 905  
THE GAMER (R) - ID REQ'D (235 515) 755 1035  
ALL ABOUT STEVE (PG-13) (345 PM) 880 PM  
HALLOWEEN 2 (R) - ID REQ'D (250 PM 540 PM) 830 PM  
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★  
(240 500) 720 940  
INGLORIOUS BASTERDS (R) - ID REQ'D (1250 PM 430 PM) 800 PM  
DISTRICT 9 (R) - ID REQ'D (225 PM 530 PM) 820 PM  
JULIE & JULIA (PG-13) (1240 340) 650 950  
G.I. JOE (PG-13) (1230 PM)

**KINGSTOWNE STADIUM 16**  
5910 Kingstowne Towne Center 703-822-4956  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)  
(1200 1230 100 235 315 345 430 515) 600 630 715 755 845 915 1000 1030  
RW: SORORITY ROW (R) - ID REQ'D (1235 300 530) 805 1030  
WHITEOUT (R) - ID REQ'D (1215 245 505) 745 1020  
9 (PG-13) (1210 215 420) 650 900  
ALL ABOUT STEVE (PG-13) (1205 225 450) 710 935  
EXTRACT (R) - ID REQ'D (1220 245 500) 730 1015  
THE GAMER (R) - ID REQ'D (1225 250 510) 740 1010  
HALLOWEEN 2 (R) - ID REQ'D 930 PM  
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★  
(1255 305 525) 735 940  
SHORTS (PG) (110 PM 340 PM)  
INGLORIOUS BASTERDS (R) - ID REQ'D (1200 320) 635 950  
THE TIME TRAVELER'S WIFE (PG-13) 620 PM 855 PM  
DISTRICT 9 (R) - ID REQ'D (120 400) 705 955  
JULIE & JULIA (PG-13) (115 405) 655 945  
G.I. JOE (PG-13) (1250 PM 330 PM) 640 PM  
G-FORCE (PG) (1155 AM 205 PM)

**COUNTRYSIDE STADIUM 20**  
45980 Regal Plaza 800-FANDANGO 394#  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)  
(1240 145 330 430) 615 720 900 1005  
WHITEOUT (R) - ID REQ'D (1210 240 515) 750 1025  
SORORITY ROW (R) - ID REQ'D (130 415) 700 935  
9 (PG-13) (1245 305 525) 740 955  
OC & DA: ALL ABOUT STEVE (PG-13) (1205 PM) 730 PM  
EXTRACT (R) - ID REQ'D (1230 300 530) 755 1030  
THE GAMER (R) - ID REQ'D (1220 250) 610 840  
ALL ABOUT STEVE (PG-13) (235 PM 500 PM) 1000 PM  
HALLOWEEN 2 (R) - ID REQ'D (150 450) 735 1015  
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★  
(100 320 540) 800 1020  
SHORTS (PG) (105 340) 625 850  
INGLORIOUS BASTERDS (R) - ID REQ'D (1200 315) 630 945  
PONYO (G) (125 400) 645 920  
THE TIME TRAVELER'S WIFE (PG-13) (140 420) 710 950  
DISTRICT 9 (R) - ID REQ'D (155 440) 725 1010  
JULIE & JULIA (PG-13) (1225 325) 620 915  
THE GAMER (R) - ID REQ'D (1250 345) 635 925  
500 DAYS OF SUMMER (PG-13) (120 405) 640 910  
HARRY POTTER: HALF BLOOD PRINCE (PG) (1200 315) 630 945  
THE PROPOSAL (PG-13) (110 350) 650 930

**FOX STADIUM 16**  
22875 Crawford Pkz, Ashburn, VA 703-957-1035  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13) (150 440) 730 1010  
WHITEOUT (R) - ID REQ'D (1240 520) 800 1025  
SORORITY ROW (R) - ID REQ'D (230 510) 750 1020  
9 (PG-13) (100 300 500) 720 940  
EXTRACT (R) - ID REQ'D (120 340 550) 820 1030  
THE GAMER (R) - ID REQ'D (250 540) 610 1035  
RW & DA: ALL ABOUT STEVE (PG-13) (220 450) 710 950  
HALLOWEEN 2 (R) - ID REQ'D 930 PM  
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★  
(110 320 530) 740 1000  
SHORTS (PG) (200 420) 630 840  
INGLORIOUS BASTERDS (R) - ID REQ'D (1230 345) 700 1015  
PONYO (G) (1245 315) 600 830  
THE TIME TRAVELER'S WIFE (PG-13) (130 410) 645 915  
DISTRICT 9 (R) - ID REQ'D (1235 310) 610 850  
JULIE & JULIA (PG-13) (1240 330) 615 900  
G.I. JOE (PG-13) (1250 400) 640 920  
G-FORCE (PG) (210 PM 430 PM) 650 PM

**FAIRFAX TOWNE CENTER 10**  
4110 W Ox Road 800-FANDANGO 670#  
SORORITY ROW (R) - ID REQ'D (150 430) 730 1010  
9 (PG-13) (115 315 525) 735 950  
EXTRACT (R) - ID REQ'D (200 440) 750 1015  
THE GAMER (R) - ID REQ'D (130 410) 720 1005  
HALLOWEEN 2 (R) - ID REQ'D (140 435) 710 945  
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★  
(100 310 520) 740 1000  
G.I. JOE (PG-13) (110 355) 650 940  
THE UGLY TRUTH (R) - ID REQ'D (145 420) 655 930  
500 DAYS OF SUMMER (PG-13) (120 400) 700 920  
HARRY POTTER: HALF BLOOD PRINCE (PG) (105 PM 425 PM) 800 PM

**MANASSAS STADIUM 14**  
11380 Bulloch Drive 800-FANDANGO 490#  
WHITEOUT (R) - ID REQ'D (130 400) 700 945  
SORORITY ROW (R) - ID REQ'D (230 515) 800 1045  
TYLER PERRY'S: I CAN DO BAD ALL BY MYSELF (PG-13)  
(100 200 345 445) 630 730 915 1015  
9 (PG-13) (300) 600 830 1030  
EXTRACT (R) - ID REQ'D (115 415) 650 910  
THE GAMER (R) - ID REQ'D (1245 330) 615 900  
ALL ABOUT STEVE (PG-13) (240 500) 745 1010  
HALLOWEEN 2 (R) - ID REQ'D 815 PM 1040 PM  
FINAL DESTINATION: DEATH TRIP 3D - EVENT PRICING (R) - ID REQ'D ★  
(145 430) 715 930  
SHORTS (PG) (1215 PM)  
INGLORIOUS BASTERDS (R) - ID REQ'D (315 PM) 645 PM 1000 PM  
THE TIME TRAVELER'S WIFE (PG-13) 950 PM  
DISTRICT 9 (R) - ID REQ'D (250 PM 545 PM) 845 PM  
JULIE & JULIA (PG-13) (120 410) 720 1020  
G.I. JOE (PG-13) (1230 PM 350 PM) 710 PM

Times For 09/14 Bargain Matinees In ( ) OC= Open Captioned RW=RWC Available DA= Descriptive Audio Available DP= Digital Projection \* Pass/Discount Ticket Restrictions Apply © 2009 www.FICmovies.com

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## All the City's a Stage

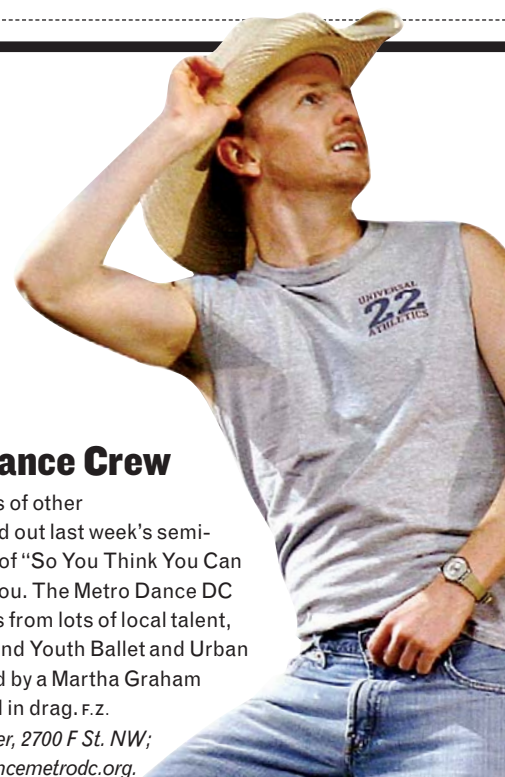
D.C.'s Theatre Week is one of those insidious plots to get all our young people to go to the theater and enjoy it. Check out the schedule at [Lowt.org/theatreweek09.html](http://Lowt.org/theatreweek09.html) for a long list of free, discounted or pay-what-you-can performances in D.C. this week (including Round House Theatre's "The Picture of Dorian Gray; that's star Roderick Hill, right). Sorry, the recession's no longer an excuse for you to avoid plays. f.z.

→ Various locations; through Sept. 20, prices vary; 202-638-4270, [Lowt.org](http://Lowt.org).



## top stops

Compiled by Express' Fiona Zublin. Read more of our picks every day at [Expressnightout.com/topstops](http://Expressnightout.com/topstops).



## 2 Happy Birthday to Rock

Like any anniversary, the Black Cat's 16th birthday is just a good excuse for a great party. The Cat has brought on local psychedelic rock band Dead Meadow and garage-punk crazies the Shirks to help celebrate its coming-of-age. Wait, does this mean the Black Cat can get a driver's license? Everybody, run! Or, rather: Everybody, dance! Yeah, that's more like it. f.z.

→ Black Cat, 1811 14th St. NW; 9 p.m., \$10; 202-667-4490, [Blackcatdc.com](http://Blackcatdc.com). (U St.-Cardozo)

## 3 D.C.'s Best Dance Crew

If you, like, well, dozens of other Washingtonians, tuned out last week's seminal health care speech in favor of "So You Think You Can Dance," we have the event for you. The Metro Dance DC Awards features performances from lots of local talent, including DC Cowboys, Maryland Youth Ballet and Urban Impact. And the event is hosted by a Martha Graham impersonator — who's dressed in drag. f.z.

→ Kennedy Center Terrace Theater, 2700 F St. NW; 7:30 p.m., \$30; 202-778-1190, [Dancemetrodcc.org](http://Dancemetrodcc.org).

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**lookout television**

# The Big Time Now

**‘Gossip Girl’ makes the switch from high school to college life**

COLLEGE | For a TV show about teenagers, the concept of “going to college” can be the kiss of death. “One Tree Hill” skipped the idea of college entirely, choosing to fast-forward four years for the Scott brothers and their associated lady loves. “Dawson’s Creek” just became more melodramatic and over-written as the Capeside crew took to Los Angeles and Boston for college. So, how fashionista-favorite “Gossip Girl” will deal with the college years is as much of a conundrum of any of the love triangles or parental drama that’s on the show itself. With “Gossip Girl’s” third-season premiere this evening starting at 9 on the CW, Serena (Blake Lively), Blair (Leighton Meester) and their respective dudes trod their designer-laden feet into New York University, Columbia University and Brown Univer-



College won’t keep Blair (Leighton Meester) and Serena (Blake Lively) drama-free.

sity — though Dawn Ostroff, president of entertainment of the CW, said that show creators Josh Schwartz and Stephanie Savage have “figured out a very clever way to keep them all in New York.” How is “Gossip Girl” going to stay on top of all its drama?

Will all the romantic relationships stay intact? Is Chuck Bass (Ed Westwick) really going to become more like the character he’s based on from the original “Gossip Girl” novels and engage in a same-sex kiss? Tune in tonight to have all your questions answered. ROXANA HADADI

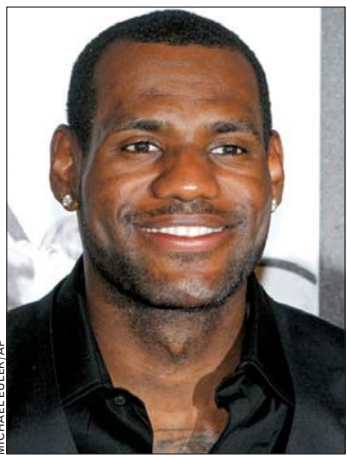
**tonight’s lineup**

**TREAD CAREFULLY**  
Nathan’s career hangs by a thread on the season premiere of **ONE TREE HILL** (8 p.m., CW).

**SHADY CHARACTERS**  
Suspicion falls on Cassie and Charles on the season premiere of **LINCOLN HEIGHTS** (8 p.m., Family).

**THE SHOW THAT DOESN’T END**  
Eight finalists perform on **AMERICA’S GOT TALENT** (8 p.m., NBC).

**HOW MANY KEGS?**  
College students Rusty and Jordan mull major changes on **GREEK** (9 p.m., Family).



LeBron James is a guest tonight on the latest “Daily Show With Jon Stewart.”

**TELL-ALL TALE**  
A celeb shares his life with a camera crew on the new series **EDDIE GRIFFIN: GOING FOR BROKE** (10 p.m., VH1).

**SNARKY GLOBE-TROTTER**  
**ANTHONY BOURDAIN: NO RESERVATIONS** (10 p.m., Travel) travels to Sardinia.

**ALL-STAR LINEUP**  
Jerry Seinfeld, Jay-Z with Rihanna and Kanye West appear on **THE JAY LENO SHOW** (10 p.m., NBC).

**BIG MAN ONSTAGE**  
LeBron James is scheduled on **THE DAILY SHOW WITH JON STEWART** (11 p.m., Comedy Central). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)



**RUNWAY Staying Power** Christian Siriano’s spring 2010 collection shown Saturday was his third at Mercedes Benz Fashion Week since his stint on “Project Runway.” The collection was a lush take on Mediterranean travel, concluding with three ball gowns that elicited spontaneous applause from a crowd that included actresses Mena Suvari and Tori Spelling. (THE HOLLYWOOD REPORTER)



# B.I.O.

BY INVITATION ONLY: UPCOMING WEDDINGS & UNIONS



## Jeremy Black, Audra George

Jeremy, 27, is a health care area manager. Audra, 25, is a budget analyst. They live in Arlington.

- **The Main Event:** A semiformal wedding on Sept. 19 with 125 guests.
- **How They Met:** They were both working at the Boston Beanery Restaurant & Tavern in Morgantown, W.Va.; he was in school, and she was home for the summer.
- **First Impressions:** "Tall, dark hair, blue eyes, she's tan ... jackpot!"

- **First Date:** He took her to Applebee's, but Audra is "a total foodie, and I was too embarrassed to tell him I didn't want to eat there," she says. "If I realized we would be where we are now, I would have taken her somewhere better!"
- **How He Proposed:** He designed a scavenger hunt with clues leading to a gift certificate for a manicure, a dozen roses and a new outfit for her, culminating in a proposal in a park.
- **Most Hated Clothing Item:** Her maxi dress and his sneakers. "I would love to replace them all with flip-flops."
- **When She Knew:** "When he moved his life to Arlington just to be with me."
- **Mmm, Cake:** He chose three-tiered almond with buttercream frosting.
- **Wedding Jitters:** "That Jeremy will be his usual late self."

**"I am a foodie and was too embarrassed to tell him I didn't want to eat [at Applebee's]."**



## Jessica McKay, Justin Monaldo

Jessica, 25, is a marketing coordinator. Justin, 25, is a statistician. They will live in Alexandria.

- **The Main Event:** They'll exchange vows Sept. 26 in the same Alexandria church where Jessica's sister got married 11 years ago and where her parents wed 41 years ago.
- **How They Met:** They were both working for the Bowie Baysox, the Orioles' minor league affiliate.
- **First Impressions:** "I don't particularly enjoy being in the limelight, so I was impressed that he enjoyed being the center of attention, as emcee, during every game."
- **First Date:** "I planned to take her out

**"I was impressed that he enjoyed being the center of attention during every game."**

## A Terrible Wingman

Aren't guy friends great? **JEREMY THOMAS**, for example, was nice enough to try to set up **SIERRA SELLMAN** with his friend — sort of.

Actually, Jeremy was secretly digging Sierra — so much that when his friend didn't show up at a party, he jumped at the chance to finally show his interest. Luckily, she was interested in him, too, "so, when he asked what I thought about his friend, I shot back, 'Well, what do *you* think about *me*?'" she says.

Jeremy apparently made a better boyfriend than a wingman: He took Sierra out to a fancy restaurant to de-stress her when she was working 70 hours a week on top of summer classes at George Mason and then asked her to marry him.

Jeremy, 28, and Sierra, 27, live in Alexandria. They're getting married Sept. 26 outside Richmond, Va.

## Eric Smith, Rasheda Taylor

Eric, 24, is an IT lead. Rasheda, 24, is a registered nurse. They will live in Cheltenham, Md.

- **The Main Event:** They're swapping vows Sept. 26 in front of 200 guests. Eric's mother, a minister, will officiate.
- **Honeymoon:** Myrtle Beach, S.C., and Panama.
- **How They Met:** In high school; they were in the same health education class.

"We always said we'd invite our teacher to the wedding, but we lost contact. Hopefully, she reads Express," Rasheda says.

- **First Impressions:** "I thought Rasheda was not only attractive, but cool and nice. She was always polite and took class so serious!"
- **First Date:** They went to Pizza Hut and ate in (one large pepperoni pizza with buffalo wings). "I loved it," she says.
- **How He Proposed:** He threw her



a surprise birthday party with more than 100 people, then created a slide show of her life. The final slide said, "Will you

marry me?" "and everyone went crazy!" Eric says. "The crowd started chanting, 'Get on one knee' ... then Rasheda smiled and said, 'You hear them.'"

- **Most Hated Clothing Item:** His blue sweatpants.
- **Their Song:** "Come Close" by Common, featuring Mary J. Blige
- **Pet Names:** She's "Crazy," "Shark," "Boo Boo" and more. He's "Smithy," "Babes" and "Booky."
- **Making It Unique:** Eric's grooms-men will wear tennis shoes, and, he says, "I refuse to wear a tuxedo!"

with some of my friends in College Park, which I didn't realize was a dumb idea." His friends bailed, leaving the two alone.

- **How He Proposed:** After an Orioles game and dinner, he popped the question outside Camden Yards.
- **Most Hated Clothing Item:** His "Got Gas?" shirt he got from a Roloids promotion. "I've forbidden him from wearing it, yet it still resides in his closet." He's not a big fan of her turtle necks.
- **Their Song:** "When 'Cool It Now' by New Edition comes on the radio and Justin sings and dances to it, that is enough to make my day."
- **With Unlimited Funds:** "Solid gold tuxedos," Justin says.

## Getting Married?

If you'd like to see your wedding or commitment ceremony in B.I.O., send your favorite informal photograph, plus your names and ceremony date to [weddings@readexpress.com](mailto:weddings@readexpress.com). Please contact us at least one month before your wedding. We'll get back to you with questions. For past BIOS, see [Expressnightout.com/bio](http://Expressnightout.com/bio). For even more weddings, visit [Washingtonpost.com/onlove](http://Washingtonpost.com/onlove).





Poll Center

DID REP. WILSON'S OUTBURST REFLECT THE STATE OF THE REPUBLICAN PARTY?

RESULTS FROM FRIDAY'S QUESTION

YES 76%  
NO 24%

"Did the Democrats' shouting and booing during [George W.] Bush's 2005 State of the Union represent them? Childish behavior has become normal political discourse because neither party can intelligently debate one another without calling the other racist, sexist, a Nazi or a communist."

COMMENTER TIM

"The 'state' of the Republican Party? What a stupid question! How about the state of frustration people all across this country feel at Obama getting away with his constant untruths?"

COMMENTER SG

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WWW.EXPRESSNIGHTOUT.COM



"FRANKLY, congressional Democrats tend to be [punks] when it comes to making the tough decisions, and I think they might find it easier to stay strong if they had a cool, kick-ass name like 'Deathocrats.'"

THEDCUNIVERSE.BLOGSPOT.COM WAS AMUSED BY A PROTESTER'S SIGN SATURDAY AT THE CAPITOL.



JULIAN FINNEY/GETTY IMAGES



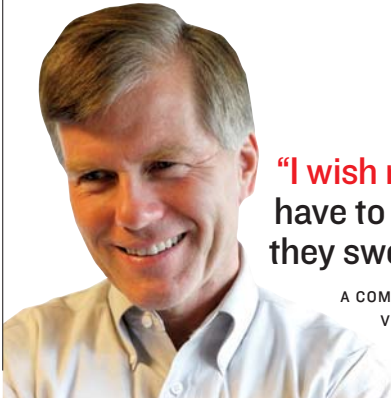
"I HATE SUMMER, so I think the heat is a good enough reason to stay in, but no one else does. The fall rainy season, however, is widely accepted as a legitimate reason to be an indoor kid."

SUBURBANSWEETHEART.COM IS HAPPY FOR THE RETURN OF FALL BECAUSE SHE CAN EXERCISE HER SHUT-IN TENDENCIES FREE OF GUILT.



"Sure, it was a bad call, but you can't just shoot off your mouth like that in a public match and not expect some consequences."

RICKEY.ORG WAS NOT IMPRESSED WITH SERENA WILLIAMS' LACK OF DECORUM WHEN SHE BERATED A U.S. OPEN LINE JUDGE AFTER BEING CALLED FOR A FOOT FAULT IN THE SEMIFINALS SUNDAY AT ARTHUR ASHE STADIUM.



"I wish more politicians would swear. Why do they have to maintain a double standard? We all know they swear in private, just like everybody else."

A COMMENTER AT POLITICALTICKER.BLOGS.CNN.COM WAS NOT BOTHERED WHEN VIRGINIA REPUBLICAN GUBERNATORIAL CANDIDATE BOB MCDONNELL CURSED DURING A RADIO INTERVIEW ON WTOG FRIDAY.

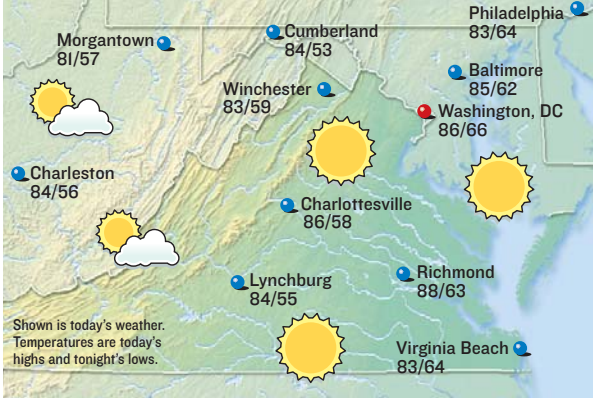
"IT'S ONE THING to patronize prostitutes. It's quite another to patronize prostitutes that are tied down, beaten up and drugged. Why aren't the clients being charged here?"

ECONO-GIRL.BLOGSPOT.COM WAS HORRIFIED BY THE STORY OF A SEX SLAVE RING UNCOVERED AT A PHILADELPHIA-AREA RAMADA INN.

5 Day Forecast for the Washington Area

Today	Tonight	Tuesday	Wednesday	Thursday	Friday
Sunny	Clear	Mostly sunny	Cloudy	Partly sunny	Showers possible
86°	66°	84° / 65°	77° / 61°	76° / 64°	79° / 63°

Regional Weather



Almanac

Washington, D.C., through 4 p.m. Sun.  
Temperature  
High ..... 82°  
Low ..... 63°  
Normal high ..... 80°  
Normal low ..... 63°  
Average humidity ..... 57%

Precipitation

24 hours ending 4 p.m. .... Trace  
Month to date ..... 1.35"  
Normal month to date ..... 1.64"  
Year to date ..... 28.01"  
Last year to date ..... 37.66"  
Normal year to date ..... 27.90"

For up-to-the-minute weather, see:  
washingtonpost.com/weather

Regional Forecast

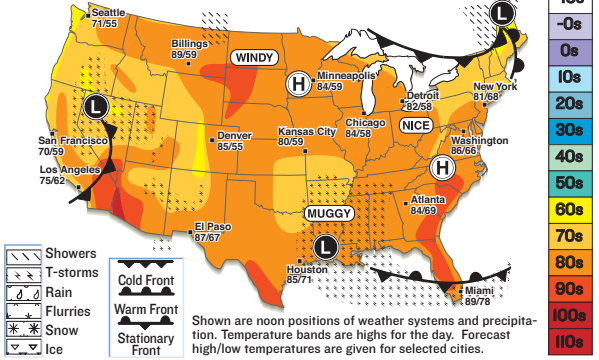
D.C. Metro: Today, sunny. High 86. Wind northwest 6-12 mph. Tonight, clear. Low 66. Wind west 4-8 mph. Tuesday, mostly sunny. High 84.

Sun and Moon

Sunrise today ..... 6:49 a.m.  
Sunset tonight ..... 7:18 p.m.  
Moonrise today ..... 1:41 a.m.  
Moonset today ..... 4:44 p.m.



National Weather for Monday, September 14



National Cities

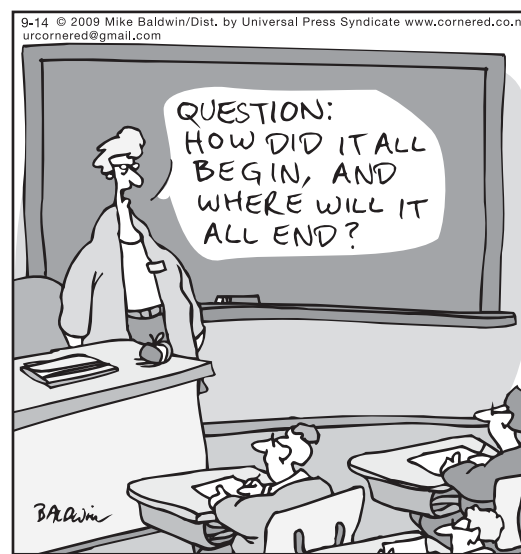
City	Today Hi/Low/W	Tues. Hi/Low/W
Atlanta	84/69/t	79/67/t
Boston	78/59/s	71/52/pc
Chicago	84/58/s	80/58/s
Dallas	76/65/c	80/66/c
Denver	85/55/pc	85/52/pc
Honolulu	88/73/s	89/75/s
Los Angeles	75/62/pc	78/62/pc
Miami	89/78/t	89/78/t
New York City	81/68/s	79/64/s
Orlando	91/72/t	90/74/t
Seattle	71/55/pc	77/57/pc

World Cities

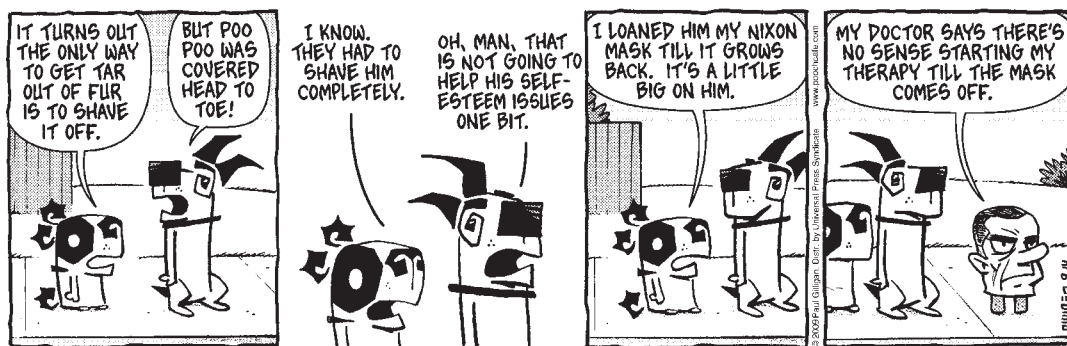
City	Today Hi/Low/W	Tues. Hi/Low/W
Amsterdam	63/50/sh	64/55/sh
Athens	79/70/c	82/71/s
Berlin	62/56/sh	74/59/pc
Buenos Aires	77/55/s	73/59/s
Calgary	71/46/s	74/44/pc
Dublin	63/45/s	61/46/s
Geneva	67/51/pc	62/51/c
Moscow	68/55/s	65/48/s
Rome	77/64/sh	75/63/sh
Sydney	77/57/pc	77/55/pc
Tokyo	77/68/pc	79/69/c

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.



**Bizarro** | Dan Piraro**Cornered** | Mike Baldwin

Second grade would prove to be much tougher than grade one.

**Pooch Cafe** | Paul Gilligan**Pearls Before Swine** | Stephan Pastis**The Duplex** | Glenn McCoy**Horoscope**

By Stella Wilder

**VIRGO (Aug. 23-Sept. 22)** You'll find yourself the center of attention on at least two key occasions — once during daylight hours, and once after dark.

**LIBRA (Sept. 23-Oct. 22)** Don't try to walk on both sides of the fence. Pick one, and stick to it. Others will be impressed by your dedication.

**SCORPIO (Oct. 23-Nov. 21)** What seems trivial at first is likely to carry with it a great deal of significance that is apparent only after a closer look.

**SAGITTARIUS (Nov. 22-Dec. 21)** Excitement rises as you swing into action and do what you know how to do best. This kind of opportunity is rare; don't miss it.

**CAPRICORN (Dec. 22-Jan. 19)** A nostalgic view of the way things used to be can also provide you with a clear notion of what must be done in the near future.

**AQUARIUS (Jan. 20-Feb. 18)** Trouble is all around you, and you can stay out of it if you are careful. Once in it, however, you'll have some explain-

ing to do.

**PISCES (Feb. 19-March 20)** You're after something from someone that isn't likely to be given — at least not yet. You may have to alter your expectations.

**ARIES (March 21-April 19)** Fairness in all things can be a benefit to you as well as to others. Don't expect those around you to behave in a way you don't.

**TAURUS (April 20-May 20)** You may be inspired to repeat a past glory, but for some reason, it's not likely to feel the same when all is said and done.

**GEMINI (May 21-June 20)** You have a long road ahead of you, but there's no reason to think that you won't reach your destination on or ahead of schedule.

**CANCER (June 21-July 22)** You can open yourself up a bit more to those around you, and as a result you can enjoy an increase in positive thinking.

**LEO (July 23-Aug. 22)** You can come up with another way of doing something or getting somewhere — and others will be quick to follow suit. A reward is coming.

**Today in History**

**1770** Freedom of the press is allowed in Denmark.

**1901** U.S. President William McKinley dies in Buffalo, New York, of gunshot wounds inflicted by an assassin. Vice President Theodore Roosevelt succeeds him.

**1927** Modern dance pioneer Isadora Duncan dies in Nice, France, when her scarf becomes entangled in a wheel of the car in which she was riding.

**1948** A groundbreaking ceremony takes place in New York at the site of the United Nations' world headquarters.

**1975** Pope Paul VI declares Mother Elizabeth Ann Bayley Seton the first U.S.-born saint.

**1993** Israel and Jordan sign an "agenda for peace" in Washington, D.C., one day after Israel and the Palestine Liberation



Ground was broken for the U.N.'s New York headquarters, above, in 1948.

Organization signed their interim accord for Palestinian self-rule.

**2001** Congress adopts a joint resolution authorizing the use of force against terrorists.

**2006** Germany ordains its first rabbi since World War II.



lookout people



Patridge's stalker stood on her porch for seven hours on one occasion.

CREEPY  
'Hills' Star's Stalker Ordered to Stay Away

A Los Angeles judge issued a temporary restraining order Friday against a man accused of stalking "Hills" star **AUDRINA PATRIDGE**. Zachary Loring is accused of showing up on Patridge's doorstep and handing her poems and other materials. Her lawyers say he returned two times. (AP)

BABIES  
Gene Pool to Improve Exponentially in December

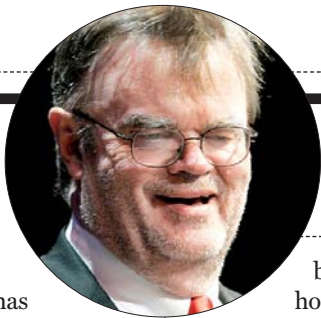
**TOM BRADY** and **GISELE BUNDCHEN**'s baby is due in December, the New England Patriots quarterback said in an ESPN interview Sunday. He said he'd attend Lamaze classes with his wife but "I told her no Sundays." (EXPRESS)

**expressnightout**  
Find the latest celebrity news and photo evidence of stars' sordid lives at [WWW.EXPRESSNIGHTOUT.COM](http://WWW.EXPRESSNIGHTOUT.COM).



TIME  
Biological Clock a Little Slow

**ELTON JOHN** wants to adopt a Ukrainian infant he met on an orphanage tour. It's not clear whether John, 62, will be able to adopt, and he has not yet started formal proceedings. "Having seen Lev today, I would love to adopt him," John said. "I don't know how we do that, but he has stolen my heart." (AP)



HEALING  
Humorist Departs Hospital After Minor Stroke

**GARRISON KEILLOR** has been released from the Mayo Clinic's Saint Marys Hospital after suffering a minor stroke. Keillor spokesman David O'Neill released a brief statement Friday night saying Keillor left the Rochester hospital earlier in the evening. O'Neill said Keillor was on his way

Keillor still plans to start his radio show on time.

back to his St. Paul home "and is in great spirits." The 67-year-old Keillor had said he felt ill on Monday morning and drove himself to a St. Paul hospital, then was transferred to the Mayo Clinic. Keillor said he still plans to start his new season of "A Prairie Home Companion" in two weeks. (AP)



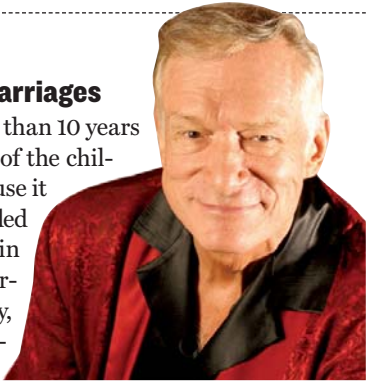
If it doesn't have an incredibly annoying E! pre-show, is it really an Emmy?

AWARDS  
Tina Fey Gets One of Those Weird, Unimportant Emmys

**TINA FEY** received an Emmy Award for best guest actress in a comedy series on Saturday for her impersonation on "Saturday Night Live" of former Republican vice presidential candidate Sarah Palin. She was honored at the Creative Arts Primetime Emmys, which recognize technical and other achievements for the 2008-09 season. (AP)

REASONING  
Because Kids Love Sham Marriages

**HUGH HEFNER** said he waited more than 10 years to complete his divorce "because of the children." "I stayed married not because it was a marriage — the marriage ended in 1998," he said. But now his twin boys are turning 18, so the 83-year-old says, "Now is the time." On Friday, Hefner filed for divorce from Kimberly Conrad Hefner. (AP)



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# puzzles lookout

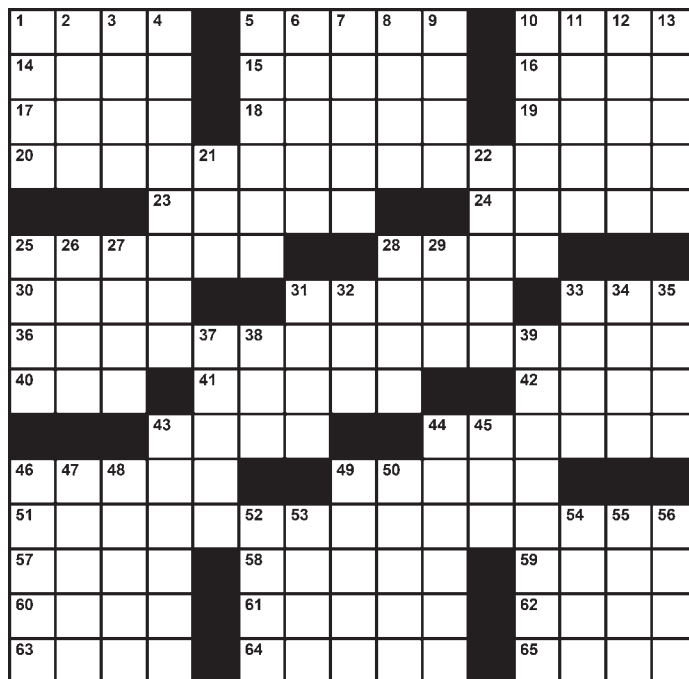
## CROSSWORD | TRAFFIC LIGHT

### ACROSS

1 It's a reel problem  
5 Tibetan priests  
10 Grayish-brown eagles  
14 Edible tuber  
15 Arkansas' \_\_\_\_\_ Mountains  
16 Castle ditch  
17 Eager  
18 Scratches left on a rock  
19 Purplish brown  
20 Sailors' delight  
23 Lifting device  
24 Black-and-white snacks  
25 Deviating erratically from a set course  
28 Cover with stone, e.g.  
30 Like some vaccines  
31 \_\_\_\_\_ firma  
33 Twenty-second letter of the Greek alphabet  
36 Baum's famous path  
40 Deciduous tree  
41 Bracelet bauble  
42 Distance runner  
Zatopek  
43 Cogwheel  
44 Sound characteristic  
46 Drama set to music  
49 Distinctive atmospheres  
51 Seuss classic  
57 Traditional knowledge  
58 Greek epic poem  
59 Hawkeye State  
60 Sign in the

### DOWN

1 Night sight  
2 Central area of a church  
3 Waterless  
4 What the reverent seek  
5 At the back of the pack  
6 Former Mexican empire  
7 Low-lying wetland  
8 Song heard at 46-ACROSS  
9 Popular German card game  
10 British or Byzantine, e.g.  
11 Cheek coloring  
12 Tortilla chip topped with cheese  
13 Editor's marks  
21 Blood-related  
22 Kim of "The Mirror Crack'd"  
25 Rock-the-baby toy  
26 "These \_\_\_\_\_ few of my favorite"  
27 Street signal directive  
28 Dainty  
29 Circle section  
31 Ski lift  
32 Make a mistake  
33 Disentangle  
34 Groundbreaking  
'60s musical



EDITED BY TIMOTHY E. PARKER

35 Not in action  
37 George Clooney role  
38 Question asked by one with a stuffy nose?  
39 Like a tutor's lesson, often  
43 Welcomes in  
44 Merchant  
45 Author Fleming  
46 Lecherous onlooker  
47 Person authorized to act for

another  
48 Spooky  
49 Getting on in years  
50 Dictionary example  
52 Ireland, affectionately  
53 Pleased as Punch  
54 Logical flaw  
55 Leaves speechless  
56 Boom supporter

### Friday's Solution



© PUZZLES BY PAPPOCOM

## SUDOKU | EASY

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See [www.sudoku.com](http://www.sudoku.com) for solution, tips and computer program.

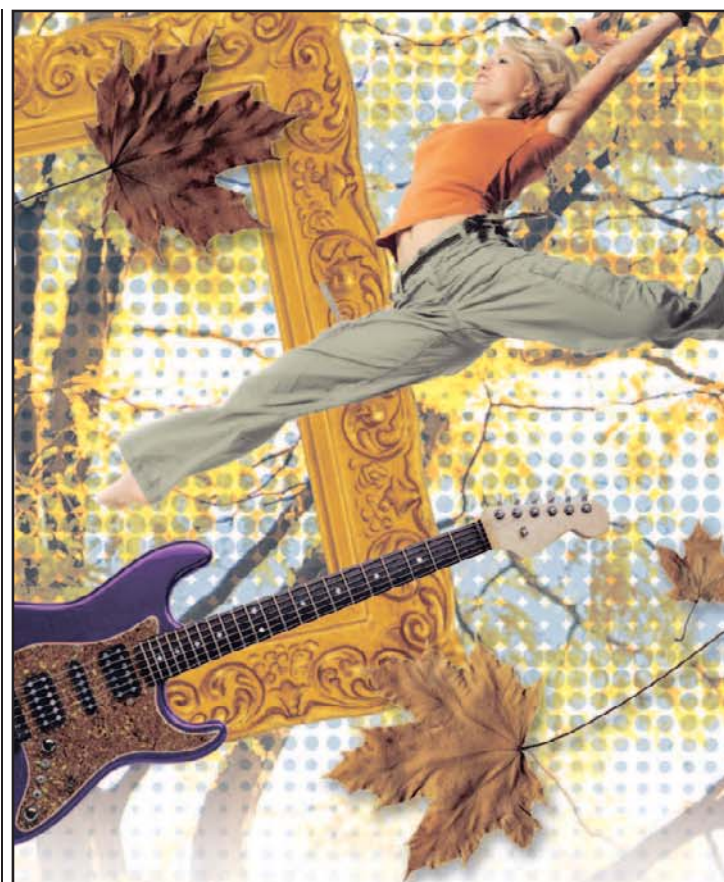
### Need more Su|do|ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

### Friday's Solution

5	4	3	9	8	6	7	1	2
2	9	7	3	4	1	6	5	8
8	6	1	2	5	7	3	4	9
6	5	8	7	2	4	1	9	3
9	7	4	6	1	3	2	8	5
3	1	2	8	9	5	4	6	7
1	8	9	4	7	2	5	3	6
7	3	5	1	6	9	8	2	4
4	2	6	5	3	8	9	7	1

						9		4
6	5					3	2	
	2	1	8		4		6	
			6			1		2
	4						3	
3		2			9			
	9		2		5	8	7	
	8	7					4	1
5		6						



Enter for a chance to...

# Win a Dream Night Out for 4

Find out how in the  
**Fall Arts Preview Section**  
Thursday, September 17

Get ready for a memorable autumn of arts & entertainment with the preview section that has it all. Complete listings and Express coverage of must-see attractions will have you filling your calendar. Plus! Find out how you can enter for a chance to win a Dream Night Out for Four, including tickets to a top show, dinner and a limousine for the evening. Make it an autumn to remember!

Don't miss the  
**Fall Arts Preview Section in Express**  
on Thursday, September 17 to find out how to enter

No purchase necessary. Sweepstakes is sponsored by Express Publications LLC d/b/a (collectively, "Sponsors"). Contest is open to those who are 18 years of age or older and live in Washington, DC, Maryland or Virginia at the time of entry and receipt of any prize. Void where prohibited by law. Entry period begins September 17, 2009 at midnight EST and ends at noon on September 21, 2009 EST. Log on to [expressnightout.com/contests](http://expressnightout.com/contests) to enter. Or, mail a 3 1/2" x 5" postcard with your complete name, address, daytime telephone number and e-mail address to: 2009 Express Fall Arts Preview, Express Marketing Department, 1150 15th Street, NW, 7th Floor, Washington, DC 20071. The number of eligible entries will determine the odds of winning. For complete rules, log on to [expressnightout.com/contests](http://expressnightout.com/contests).

express

# [Herds of nerds]



## Help choose the Express Best Of 2009

by nominating your favorite D.C.-area place, person or thing in over 100 fun categories. **Favorite spot for people watching?** Nominate Sept. 7-18!

**Go to [expressnightout.com/bestof](http://expressnightout.com/bestof)**

**Watch for the Winners in the Express Best Of 2009 special section coming Friday, November 6!**